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Presented by: CANADIAN MENTAL HEALTH ASSOCIATION, ONTARIO / ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE, ONTARIO
PAGE 20

Muslim groups slam referendum as anti-Islamic

SWITZERLAND Swiss voters overwhelmingly approved a constitutional ban on minarets yesterday, barring construction of the iconic mosque towers in a surprise vote that put Switzerland at the forefront of a European backlash against a growing Muslim population.

Muslim groups in Switzerland and abroad condemned the vote as biased and anti-Islamic. Business groups said the decision hurt Switzerland's international standing and could damage relations with Muslim nations and wealthy investors who bank, travel and shop there.

The referendum by the nationalist Swiss People's Party labelled minarets as symbols of rising Muslim political power that could one day transform Switzerland into an Islamic nation. The initiative was approved 57.5 to 42.5 per cent by some 2.67 million voters.

THE ASSOCIATED PRESS

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Sports pg 26

More Q than A for Tiger

On the web
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CFL Montreal beat[illegible] the clock

JEFF MCINTOSH/THE CANADIAN PRESS

Montreal Alouettes defensive back Billy Parker, right, celebrates his interception with teammate Davis Sanchez during third quarter Grey Cup action in Calgary last night. The Alouettes beat the Saskatchewan Roughriders 28-27. Story, page 26

Ontario drops cap

Cancer drug gets additional funding, says health minister

Ontario is extending its funding of a potentially life-saving drug for cancer patients, just two months after the province's ombudsman accused the government of verging on cruelty by cutting off funding after 16 treatments.

Ontario will now fund Avastin for up to 24 two-week treatments if medical evidence shows the disease hasn't progressed, Health Minister Deb Matthews said yesterday in an interview with The Canadian Press.

Further treatments may be funded based on advice from the patient's doctor or oncologist, she added.

Colorectal cancer patients who have already paid out of their own pocket for the drug, which can cost about $3,000 per treatment, will not be reimbursed, the minister said.

"How they were treating Avastin was absolutely absurd and indefensible."
Andre Marin, ombudsman

The government was able to extend funding of Avastin because it negotiated a better price with its manufacturer, Roche, after starting talks in May, she said.

The decision was based on "cost and the effectiveness of the drug," Matthews added.

"The ombudsman certainly brought attention to it, but I have to say, this is an example of the system working," she said.

Ombudsman Andre Marin said he was "thrilled" that the government changed its mind on a hard cap for Avastin, which his September report criticized as wrong, unreasonable, and "verges on cruelty."

Several colorectal cancer patients were forced to pay for Avastin out of their own pockets or stop treatment after reaching the government's arbitrary limit, he said.

His report, A Vast Injustice, seemed to catch the Health Ministry — which was already embroiled in a spending scandal at eHealth Ontario — completely off-guard, Marin said.

"I think that the ministry officials were like deer caught in headlights," he said in an interview.

"They were under siege. It was chaotic over there. They were dealing with eHealth. And it just never got a fair shake, because how they were treating Avastin was absolutely absurd and indefensible."

THE CANADIAN PRESS

GHG target 'virtually identical' to Obama's

CLIMATE CHANGE Maybe minor tinkering, but not a total overhaul.

That's Prime Minister Stephen Harper's assessment of Canada's position on climate change with a pivotal United Nations summit just days away.

The prime minister says Canada's goal for reducing greenhouse gases is "virtually identical" to targets proposed by the Obama administration.

So he says major changes at this stage would put Canada at a disadvantage with its biggest trading partner.

"We may make some minor adjustments, but that will essentially be our target," Harper told reporters on the final day of the Commonwealth summit in Trinidad and Tobago.

Canada and other member states sought to breathe new life into climate talks next month by backing a global deal to reduce greenhouse gases.

But the head of the UN warned political will is still lacking with just days to go before a key round of climate-change negotiations begins in Copenhagen.

"The momentum for success in Copenhagen has been growing. We need the political leadership at this time," UN Secretary-General Ban Ki-moon said Saturday.

THE CANADIAN PRESS

UN says

- UN Secretary-General Ban Ki-moon said Canada, as the next host of the G8 and G20 meetings, must pick up the pace in setting a mid-range goal to curb emissions. He suggested Canada should be setting an example.

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Local

Benefits lost if HST rushed: NDP

NDP Leader Andrea Horwath, left, says Ottawa's plan to rush ahead with its HST legislation could mean people in Ontario will lose the few benefits attached to the harmonized sales tax. If the federal HST bill dies in the House of Commons, she says, people will lose the tax breaks promised by Premier Dalton McGuinty and funded through a $4.3-billion deal with the federal government. THE CANADIAN PRESS

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Tomorrow's Metro

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Lawrence Martin gives us his take on the Canadian political scene.

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Families homeless after fire

Scarborough blaze sends 7 people, including 3 children, to hospital

A fire that tore through an apartment yesterday morning sent seven people, including three children, to hospital and has left three families homeless.

Fire crews were alerted at about 7:40 a.m. that some fourth-floor residents of 2 Biggin Court, in the Eglinton Avenue East and Victoria Park Avenue area, were trapped in their units.

"I heard the fire alarm go off, then I heard people yelling and screaming so I went to open the door and black smoke started coming in," said Zack Rosenthel, 45, a fourth-floor resident who moved to the building six months ago.

He said he immediately closed the door and put towels under the door to stop the smoke from coming in.

"We couldn't get out; we were trapped. We tried to keep calm, but it was overwhelming," he said.

None of the seven people sent to hospital with smoke inhalation had life-threatening injuries. Eight other residents were treated outside the building.

PHOTOS BY MANNY RODRIGUES/TORSTAR NEWS SERVICE

Firefighters were up early yesterday fighting a blaze in an apartment on Biggin Court in Scarborough just before 8 a.m. ABOVE: Firefighters use a ladder to access an upper floor of the building. RIGHT: A firefighter carries a child to safety.

Fire Capt. David Eckerman said black smoke from the burning unit forced some tenants onto their balconies.

Crews forced their way into the burning unit and extinguished the fire around 8 a.m.

"I took a peek inside, it was pitch black in there. Though the fire was out I could still feel the heat. It's pretty bad," he said.

Police Sgt. Brian Gottschalk said two TTC buses were on scene to keep residents warm until crews declared the building safe.

The three families forced out by smoke damage are trying to find places to stay until they are told they can return.

Gottschalk said the residents have some options, including trying to get their insurers to fund temporary lodging, or staying in a Toronto emergency centre.

Gottschalk said an unattended candle is suspected in the blaze.

TORSTAR NEWS SERVICE

Nearly year-old winning ticket remains unclaimed

LOTTERY Until Dec. 11, one particular Lotto 6-49 ticket bought almost a year ago in the GTA is worth $104,923.80.

After that — zilch.

The Ontario Lottery and Gaming Corp. is urging people to check their old tickets because the one-year window to claim the second-prize-winning ticket from Dec. 13, 2008 — with numbers 4, 15, 34, 36, 43 and 47 — is closing.

The prize can be claimed no later than Dec. 11 at 5 p.m.

The OLG says on its website that unclaimed Lotto 6-49 prizes are used for future bonus games or promotions. The funds are administered by the Interprovincial Lottery Corp. and held separately from Ontario-only games.

The lucky winner-in-waiting is asked to fill out the back of the ticket, sign it and contact the OLG Prize Centre at 20 Dundas St. W., 1-800-387-0098.

TORSTAR NEWS SERVICE

$33 million annually

- According to www.lotterybuddy.com a website providing lottery news since 1996, at least three per cent of OLG prize money goes unclaimed annually — about $33 million. Most are small prizes; others are unsold scratch tickets.

News in brief

LEGAL AID The promise of talks aimed at resolving Ontario's legal aid boycott saw the Criminal Lawyers' Association agree Friday not to expand their protest — for now. The group was considering extending its current boycott on guns and gangs cases to all types of offences. The association held off after the Attorney General's office offered to try to hammer out an agreement. THE CANADIAN PRESS

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Original Toronto Cast. Photo by Paula Wilson.
Photo: Daren A. Herbert, Brittany Gray, Jamie McKnight

Cops seek man for sexual assault in karaoke booth

Toronto police are looking for a man in connection with a suspected sex assault in a karaoke booth overnight. Police say a 22-year-old woman was walking alone just after midnight in the city's Koreatown area. THE CANADIAN PRESS

GTA docs fighting HIV in Malawi

African nation has seen success, but many more people still need help

Working in the continent hardest hit by HIV-AIDS, Dr. Michael Schull sees glimmers of hope amid the often bleak realities of the epidemic.

Schull, his wife, Dr. Josée Sarrazin, and their three children began their yearlong relocation from Canada to Malawi in July. The married doctors are helping lead efforts to train health-care workers in the African country in the ongoing fight against HIV-AIDS and other illnesses.

Schull said the situation in Malawi remains very serious with respect to HIV, with prevalence rates around 15 per cent in the adult population, but the country has done "a commendable job" in improving access to antiretrovirals. About 40 per cent of people requiring the medication for AIDS are on it, an "incredible improvement" compared to five years ago, he said.

"What we've also begun to see is really quite remarkable is mortality or death rates across the population are starting to decline, and we think that's a reflection of improved access to medication for AIDS," Schull said in a phone interview from Zomba, Malawi.

"It is still a very serious situation, but it's one where there's been tremendous progress over the last three years, and I think it's safe to say that people are feeling much more optimistic than they were a few years ago."

Recently released figures by the World Health Organization and UNAIDS estimate the number of new HIV infections has declined each year by about 17 per cent from 2001 to 2008. While about four million people were receiving AIDS drugs at the end of last year — compared with three million in 2007 — an additional five million people need treatment and aren't receiving it.

Despite the improvements in Malawi, Schull said they still haven't reached everyone. His concern is there's a real risk funds necessary to continue to ramp up access to AIDS treatment and services isn't guaranteed.

"The problem is people might take the success of the last few years to mean we don't need to provide so much money anymore," he said.

"The reality is, the success just means, 'We could do this, we could reach those people,' but there are a heck of a lot more that still need to be reached."

THE CANADIAN PRESS

THE CANADIAN PRESS/HO

Dr. Michael Schull and Dr. Josée Sarrazin sit with their children, from left, Camille, Juliette, and Gabriel, at their Toronto home in this photo taken in June.

Companies crack down on cell use

DRIVING Tough rules are being adopted by a growing number of companies dissatisfied with provincial laws that still allow drivers to use hands-free cellphones.

Employees driving a company vehicle from Steels Industrial Products, for example, can be fired if they are caught using any kind of cellphone or texting device — period.

Steels president Jim Sidwell laid down the law to his 180 workers in British Columbia and Alberta a few weeks ago.

"There is enough evidence out there that ties driving safety directly to the use of cellphones," Sidwell said from Vancouver.

In Ontario, all motorists are banned from using any handheld electronic device to text, email or talk, but hands-free devices are OK. Newfoundland and Labrador, Nova Scotia, Quebec and Prince Edward Island have similar rules.

THE CANADIAN PRESS

News in brief

SHOOTING A man escaped unharmed after a drive-by shooting near Weston Road and Lawrence Avenue West Friday night. Police said the 41-year-old victim was sitting in his silver SUV on Weston Road when a golden-brown minivan drove up around 9:30 p.m. and shots were fired at him. The targeted man raced off to the 12 division police station. Police said they later found 10 shell casings in the area of the shooting. There were several bullet holes in the victim's SUV. Police have not confirmed if the individuals were known to each other.

TORSTAR NEWS SERVICE

CNIB opens store that will help people see their lives

OUTLET You don't have to be blind to see the value of this place.

From plastic doodads that keep your socks together in the wash, to electronic wands that identify your CDs or food, a new Toronto store that caters to the visually impaired has more than 200 items to help people navigate a darkened world.

"We've got things here that enhance your vision, or replace your vision," says Geoff FitzGibbon, director of business operations for the CNIB, which runs the outlet at its Bayview Avenue headquarters.

"We've got things here that enhance your vision."
Geoff FitzGibbon, CNIB

"And we've got a whole host of everyday useful items for when you're home or out and about, which just give you an extra edge," he says.

The institute ran a number of stores across Canada in decades past, but closed them in favour of mail order and web-based businesses.

"But there are some people who need to see the products, who need to see them and try them. We heard that and we responded."

While the new Toronto flagship store marks its grand opening this week, the CNIB will have 18 outlets across Canada by year's end.

TORSTAR NEWS SERVICE

KEITH BEATY/TORSTAR NEWS SERVICE

Margarethe and Vincent Davies shop for magnifiers at the Canadian Institute for the Blind's new store, located on Bayview Avenue, that caters to the visually impaired.

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Police seek stabbing suspects

Police are looking for suspects after three men were stabbed outside a bubble tea bar in east-end Toronto. They say three men were attacked Saturday night at Destiny Bubble Tea in Scarborough. THE CANADIAN PRESS

H1N1 here to stay: Expert

The current wave of H1N1 activity may have peaked in all provinces and territories, the Public Health Agency of Canada says in its latest assessment on the state of the pandemic.

Flu **Outbreak**

But if transmission of the virus is indeed on the downward slope, does that mean the end is in sight for Canada? Or is a third wave of illness sometime this winter in the cards?

With the notoriously unpredictable influenza, it's pretty much anyone's guess.

Regardless of where the experts come down on the question of a third wave, they say one thing is a safe bet. Whether it's this winter or next, swine flu will be back.

That's something people vacillating over the value of getting vaccinated at this point should keep in mind, says Dr. Danuta Skowronski, an influenza epidemiologist at the British Columbia Centre for Disease Control.

"The way I see it, basically people have two choices in general: Get immunized or get infected," she says. "Because this virus isn't going anywhere. It's ours now."

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

A volunteer wearing protective gloves removes a cat from a cage inside the Toronto Humane Society building on Friday.

Humane Society to bring in outsider to review practices

ANIMALS The Toronto Humane Society will bring in an outside expert to review its operations in the wake of a raid that resulted in animal cruelty charges against five employees, including the agency's president.

The society issued a statement Saturday saying it will hire a "well-respected expert in the field of animal care" as interim executive director.

"This person will conduct a thorough review of society operational practices including staffing levels, the number of animals taken in, and assist in the hiring of a new executive director," the statement said.

The society also promised to install a well-respected veterinarian to head its clinical team to ensure the best possible care is being provided to animals.

The Ontario Society for the Prevention of Cruelty to Animals raided the humane society Thursday and said it found animals in such poor health that four of them had to be put down.

A day later a mummified cat was found on the premises, which one OSPCA official described as a "house of horrors."

The humane society statement decried the OSPCA's tactics and disagreed with its allegations.

However, a humane society spokesman said the group is having a serious look at its operations.

THE CANADIAN PRESS

Paul Godfrey set to oversee OLG

OLG National Post CEO Paul Godfrey is set to oversee the troubled Ontario Lottery and Gaming Corp., a government official said Friday — an appointment the well-connected businessman said will not interfere with his duties at the newspaper.

Paul Godfrey

Finance Minister Dwight Duncan has nominated Godfrey, a well-known Progressive Conservative, as chairman of the corporation where scandals over insider wins and executive expenses have dogged the Liberal government for years. Godfrey took the reins at the National Post in January after leaving his post as president and CEO of the Toronto Blue Jays.

THE CANADIAN PRESS

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Three arrested after stabbing death

Three people are in custody after a homicide in Sudbury's north end yesterday morning. Police say a 32-year-old man died after being stabbed multiple times. THE CANADIAN PRESS

Canada

Kazemi estate taking Iran to court

A legal showdown is set to take place in a Quebec courtroom this week, pitting the government of Iran against the estate of slain photojournalist Zahra Kazemi, left. Kazemi's estate and son Stephan Hashemi are suing the Iranian government for $17 million for her arrest, detention and killing. But Iran will argue that they have immunity from Canadian courts under the State Immunity Act, which restricts the conditions under which a foreign government can be sued here. THE CANADIAN PRESS

Visit to China long-awaited

PM seeks business opportunities

Prime Minister Stephen Harper has waited four years to make what many believe will be his most important foreign visit, and it couldn't come at a more disadvantageous time.

Harper's visit this week to the world's next superpower comes at a time when Canada needs China more than at any other time, and when the high-ground on human rights has been lowered somewhat by the Afghan prison abuse revelations.

To many China watchers, Harper's cold shoulder to date has been inexplicable given how important the emerging market of 1.3-billion people is becoming to Canada's resource-based economy.

But former Conservative trade minister David Emerson, who has been urging closer engagement since joining Harper's government in 2006, says many of his former colleagues needed to work through their dislike of the communist regime first.

While human rights are important, Peter Harder, who heads the Canada China Business Council, says Harper cannot afford to take his eye off the main prize of the trip.

"Every Canadian prime minister and minister has found a way of raising issues of human rights and political developments very professionally and dispassionately and still" get on with the business of exploring economic opportunities, he points out.

THE CANADIAN PRESS

Issues with China

- The list of irritants related to China is long, from Taiwan and Tibet, to the treatment of Falun Gong practitioners, to the case of Husein Celil, the Canadian dual citizen spirited out of Uzbekistan in 2006 and imprisoned in China. Beijing is refusing Canadian consular visits.

SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper sits on the bow of a zodiac yesterday as he makes his way to visit the frigate HMCS Quebec, which was patrolling the coast of Port of Spain, following the Commonwealth Heads of Government Meeting in Trinidad and Tobago.

Harper gives Uganda president an earful

COMMONWEALTH Uganda's president got an earful from Prime Minister Stephen Harper over the African nation's proposed law targeting gays.

The Ugandan "anti-homosexuality bill" would imprison and even execute homosexuals.

But the proposed law barely drew a mention at this weekend's Commonwealth summit in Trinidad and Tobago — despite calls before the conference for the country's suspension from the organization.

Harper said leaders generally don't talk about specific laws during the Commonwealth meetings.

But he said he pulled aside Ugandan President Yoweri Museveni and "indicated Canada's deep concern, strong opposition of the fact we deplore these kinds of measures."

"We find them inconsistent with, frankly, I think any reasonable understanding of human rights, and I was very clear on that with the president of Uganda," Harper told reporters on the final day of the Commonwealth meetings.

The bill would send anyone who has engaged in homosexual activity to prison for life.

Those found guilty of "aggravated homosexuality," for having had sex while HIV positive or with someone under the age of 18, would face a death sentence.

THE CANADIAN PRESS

News in brief

BATS An expert who believes bats in Atlantic Canada could soon be threatened by a mysterious illness that has killed up to 500,000 bats in the northeastern United States says the flying mammals in Prince Edward Island and Newfoundland might be spared. If there is no crossover of bats from the two island provinces to the mainland, they might provide a refuge from white-nose syndrome.

CLIMATE A survey, conducted by Harris-Decima on behalf of the Munk Debates, suggests Canadians don't feel as strongly about the environment as Europeans, but sentiment is stronger here than in the United States. Three quarters of Europeans surveyed agreed that reaching a new global climate-change agreement should be the top, or one of the top, priorities at next month's United Nations conference in Copenhagen. Sixty-two per cent of Canadian and 53 per cent of American respondents felt the same way. THE CANADIAN PRESS

m.metronews.ca

Torstar chief David Holland says the company is expanding its digital efforts to adapt to the future of media. Scan this barcode for the story.

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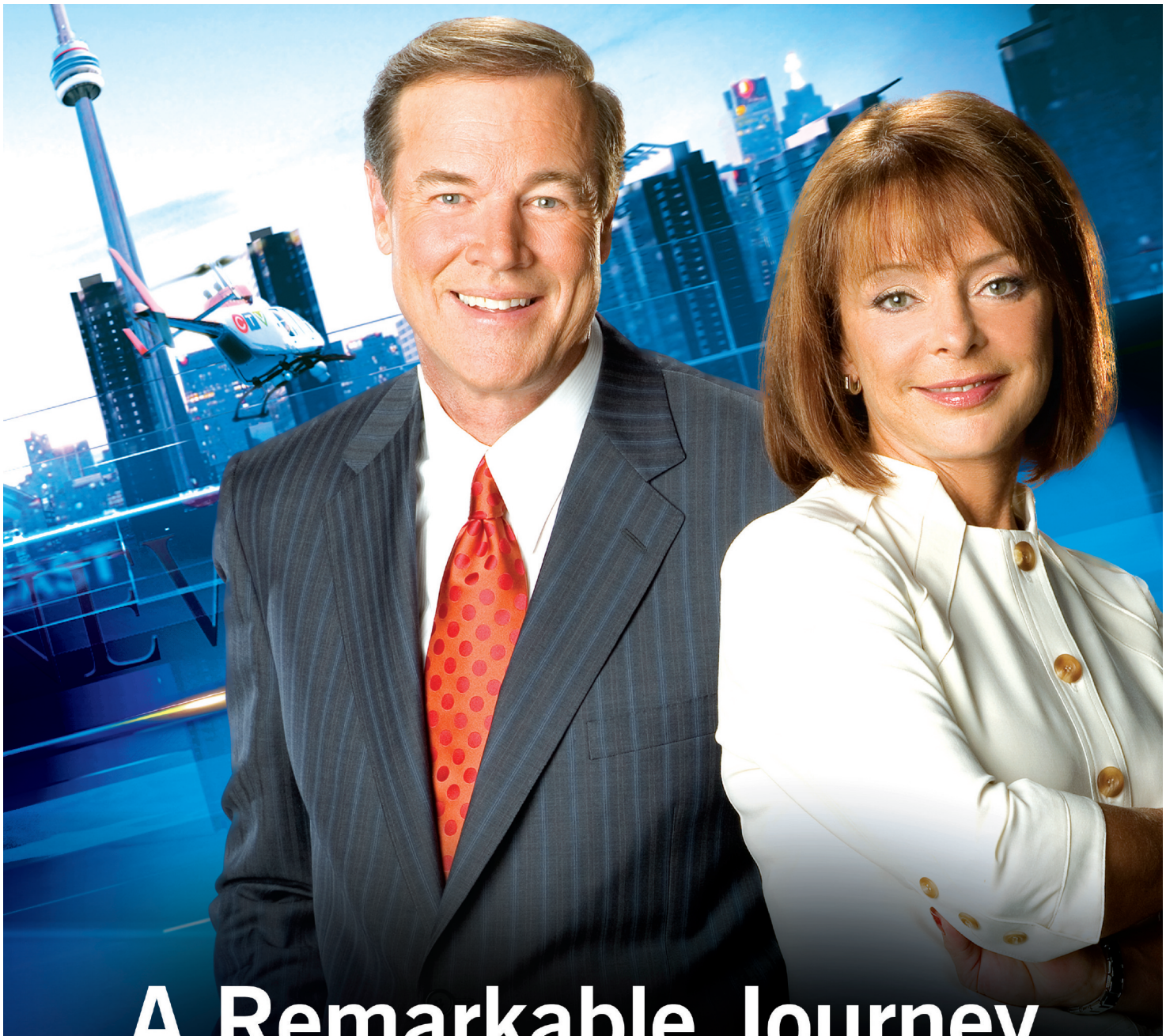

A Remarkable Journey

After years of personal hardship a 10 year old boy nears his dream.
The hurdles he overcame, the obstacles still in his way and his 2010 Olympic wish.

Tonight 6

CTV NEWS

Ken Shaw & Christine Bentley

N.B. Power customers left in the dark

An equipment failure left about 19,000 customers of NB Power in New Brunswick without electricity for roughly eight hours on Saturday. Power was restored to most of those affected in the Rothesay area by about noon. THE CANADIAN PRESS

CN turns down offer from union

RAIL STRIKE Talks to resolve a strike by Canada National Railways locomotive engineers remained at a standstill yesterday as the two sides remained at loggerheads over whether to return to the bargaining table.

CN rejected the latest proposal by Teamsters Canada Rail Conference to get negotiations back on track.

Through federal mediators, the union offered late Saturday night to submit the wage portion of the dispute to binding arbitration upon the resolution of other outstanding issues. But the company's communications director said the railway found the offer unreasonable.

THE CANADIAN PRESS

Quebec The journey continues...

ANDY BLATCHFORD/THE CANADIAN PRESS

Canadian short-track speed skater Guillaume Bastille, a native of Saint-Modeste, Que. stands with his mother Denise Bossinotte as he holds the Olympic Torch in Rivière-du-Loup, Que. yesterday. Follow the Olympic torch's journey with an interactive map at metronews.ca/sports.

Troop increase could impact Afghan role

A potential increase in the number of U.S. troops in Afghanistan could have a big impact on Canada's effort in Kandahar.

It's expected to be announced this week.

A troop surge is likely to contribute to NATO plans to shift the focus of the counter-insurgency to urban areas, Kandahar city key among them. Canadian civilian and military officials based in Kandahar have been spending the past several weeks improving their intelligence about the city. Harper says Parliament will be consulted to help decide how to contribute.

THE CANADIAN PRESS

MORE COVERAGE PG 16

Canada's part

- Though Canada will likely be called on to play an important role in the push to improve security in Kandahar, Prime Minister Stephen Harper says that's unlikely to change plans to end the military mission in 2011.

News in brief

SAFETY A Newfoundland museum is proving that history can be a blast. Officials removed 13 pieces of ammunition from display cases at the Royal Newfoundland Regiment Museum after an inspection showed the ordnance may be dangerous. THE CANADIAN PRESS

Order of G8, G20 summits has some political significance

POLITICS The federal government has decided to hold the G8 summit before the G20 — an arrangement that risks upsetting emerging economies, analysts say.

And while Prime Minister Stephen Harper has yet to announce details for the G20 summit sources say it's safe to assume it will be held immediately after the G8. The G8 summit will be held June 25 to 27 in Huntsville, Ont.

The order of the two summits is a simple logistical detail, but the decision to put the G8 first carries political significance.

That's because the chronological order could be interpreted as pecking order. It leaves the impression that the rich established countries of the G8 are setting the agenda for the fledgling G20, a group dominated by emerging economies.

THE CANADIAN PRESS

New voice

- Global leaders decided at the G20 summit in September that the G20 would replace the G8 as the leading body for economic matters.

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Cops get unwelcome surprise
Police found a three-metre boa constrictor while searching a Winnipeg home for drugs. It was subsequently turned over to Animal Services. THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

Calgary Police Service officers look over the scene of a double homicide in Calgary on the weekend. Two children aged 13 and nine were found murdered.

Police interrupt deadly dispute

A 43-year-old man has been charged with two counts of second-degree murder and one count of attempted murder after police found two of his children dead in their Calgary home late Friday night.

James Bing Jun Louie was charged Saturday and will appear in court this morning.

Officers responded to a 911 call from the home in northwest Calgary and when there was no answer to knocks or the doorbell they forced their way inside.

The first thing the investigators found was the body of a 13-year-old boy.

"The officers continued searching and came upon a man and a woman in the upstairs portion of the home," police Chief Rick Hanson said at a news conference Saturday.

"Both were involved in a physical struggle and officers immediately intervened.

"It is our firm belief that the rapid intervention of our officers interrupted a potential homicide."

Hanson said a subsequent search found the body of the boy's nine-year-old sister.

The mother of the two children was taken to hospital with non-life threatening injuries.

"We're not looking for anyone else in connection with this case," Hanson said, confirming the family was not known to police.

"The family's quiet," said neighbour Ashna Hamd, who has lived across the street for two years. "We see the mom more than the dad. You know, they take the kids to school, shovel the driveway — pretty normal."

> **"... They take the kids to school, shovel the driveway — pretty normal."**
> Ashna Hamd, neighbour

A woman who lived behind the house said she used to see the girl and boy playing outside in their backyard. "We don't see them much," she explained. "They're a pretty quiet family."

The 911 call was placed by the woman police found fighting with the man. She made the call immediately after arriving home, said Insp. Guy Slater from the Calgary Major Crimes Unit.

THE CANADIAN PRESS

News in brief

HIT AND RUN Halifax police are searching for a vehicle, believed to be a Jeep Grand Cherokee, involved in a hit and run that sent two officers to hospital. Police say the vehicle quickly accelerated at an impaired driving checkpoint, dragging one officer a short distance and throwing the other to the pavement.
THE CANADIAN PRESS

Hope for Vancouver's homeless

VANCOUVER 2010 Games

As predicted, efforts to deal with Vancouver's homeless problem have stepped up ahead of the Winter Games.

But contrary to the gravest fears of advocates, new shelters have been opened and concerns that officials would provide one-way tickets out of town or force homeless people off the streets of the Olympic city appear to be urban myth.

"It seems to be a common theme, all of the misfortunes are due to the Olympics," said Terry Butcher, director of operations at the New Life Mission in Kamloops."

Yet advocates say provincial legislation giving police the power to take people to shelters against their will could still pose a threat.

The government said the law — nicknamed the "Olympic Kidnapping Act" by opponents — will not force people to stay in the shelters once they're there.

THE CANADIAN PRESS

Judge rules for change in miners' picketing lines

PROTEST Striking Vale Inco miners in Sudbury have new restrictions on their picket lines.

Ontario Superior Court Justice Robbie Gordon says cars can only be delayed 15 minutes by the time they arrive in the lineup to get in the property,
THE CANADIAN PRESS

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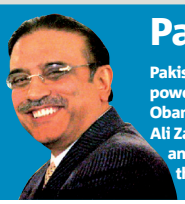
Man sells stamp collections for $3.2M to help Smithsonian
A wealthy investor has sold two of his prized stamp collections to help pay for an expansion of the Smithsonian's National Postal Museum. William H. Gross sold the collections last week at an auction in New York. They fetched $3.2 million. THE ASSOCIATED PRESS

World



Pakistan president under siege

Pakistan's main opposition party yesterday demanded the president give up the sweeping powers he inherited from his predecessor, setting the stage for political turmoil just as the Obama administration wants the country to focus on fighting the Taliban. President Asif Ali Zardari's, left, grip on power is increasingly under threat from opposition lawmakers and elements within the powerful military who want him to resign or divest powers to the prime minister and take on a ceremonial role. THE ASSOCIATED PRESS

Four police officers killed in coffee shop

U.S. attack was a targeted ambush: Official

A gunman burst into a Tacoma, Wash., coffeehouse yesterday and opened fire on four police officers as they sat working on their laptops, killing the three men and one woman in what an official described as a targeted ambush.

Pierce County Sheriff's spokesman Ed Troyer said officers were looking for one male suspect who fled on foot, but haven't ruled out an accomplice. It wasn't clear whether the officers even had time to draw their weapons to return fire, Troyer said.

"This was more of an execution. Walk in with the specific mindset to shoot police officers," Troyer said.

> **"This was more of an execution. Walk in with the specific mindset to shoot police officers."**
> Ed Troyer, Pierce County Sheriff's spokesman

Troyer said the officers — all from the Lakewood Police Department — were catching up on paperwork at the beginning of their shifts when they were attacked at 8:15 a.m. yesterday.

Troyer said the attack was clearly targeted at the officers, not a robbery gone bad.

"There were marked patrol cars outside and they were all in uniform," Troyer said.

With no known suspects, there was no indication of any connection with the Halloween night shooting of a Seattle police officer. The suspect in that shooting remains hospitalized.

"We won't know if it's a copycat effect or what it was until we get the case solved," Troyer said. "We don't even have a suspect ID right now."

THE ASSOCIATED PRESS

ARNULFO FRANCO/THE ASSOCIATED PRESS

Honduras' interim President Roberto Micheletti gestures after casting his ballot during general elections in Honduras yesterday.

Honduran presidential vote overshadowed by controversy

LEADER A new Honduran president chosen yesterday faces the challenge of defending his legitimacy to the world and to his own people, who are bitterly divided by Central America's first coup in more than 20 years.

Porfirio Lobo and Elvin Santos, two prosperous businessmen from the political old guard, are the front-runners. But their campaigns have been overshadowed by the debate over whether Hondurans should cast ballots at all in a vote largely shunned by international monitors.

Manuel Zelaya, the left-leaning president ousted in a June 28 coup, is urging a boycott, hoping overwhelming abstention will discredit the election.

THE ASSOCIATED PRESS

Russia mourns for train bomb victims

TERROR Russians mourned at religious services and soccer stadiums yesterday after a deadly train wreck that authorities blamed on a terrorist bomb. The leader of the Russian Orthodox Church urged the nation not to give in to fear.

Emergency Situations Minister Sergei Shoigu said at least 25 people were killed and 26 were unaccounted for. The ministry later said the number unaccounted for was down to 12.

THE ASSOCIATED PRESS

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Location, Location, Location?

Where You Live Can Impact Your Car Insurance Rate

How Much Is Your Postal Code Costing You?

We've all heard that when it comes to real estate, the biggest driver of your success is location. Can the same be said for getting the lowest car insurance rate? The answer is – sort of.

Insurance companies do use a wide variety of risk factors when setting premiums, and where you live is one of them. The question each insurance company tries to answer is "how likely is it a policyholder living in [insert location here] will make a claim and how much will that claim cost to pay out if there is a loss?" If you live in an area that a given insurance company knows to have a high claims rate, all things being equal, you can expect to pay more than someone living in an area with a lower claims rate.

Should I Consider Moving To Get A Better Rate?

Probably not. If you are like most people, picking up and moving to another neighbourhood in hopes of saving money on your car insurance is likely not an option. And the truth is, even if you did move, there's no guarantee you'd get a lower rate, since each insurance company sets its rates independently and can change them up to 4 times per year according to a wide variety of factors of which your location is only one.

What's The REAL Secret To Lowering Your Rate?

The simplest and easiest thing you can do to lower your rate right now is to SHOP AROUND. Why? Because the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key is finding the one insurance company that can offer the lowest rate available for your driving profile. InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 top insurance companies to find you the lowest rate for your profile and then connects you with a licensed broker or agent who can provide the policy. It is fast, safe and FREE.

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Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
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1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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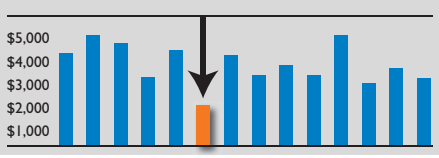

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Ex-guerrilla leader voted Uruguay's next president

VOTE A plain-talking former leader of leftist guerrillas who once sought power through kidnappings and bombings is now the president-elect of Uruguay.

Jose Mujica won more than 50 per cent of the votes cast in a run-off election yesterday, according to exit polls by the South American country's three leading pollsters, giving the centre-left Broad Front coalition five more years in power.

Former president Luis A. Lacalle of the centre-right National Party conceded defeat. He trailed with about 45 per cent of the votes, exit polls said.

The Tupamaro guerrillas, which were co-founded by Mujica, caused so much chaos in the 1960s that Uruguayans initially welcomed a dictatorship that ruled in 1973-85. Mujica spent all that time in jail, enduring torture and solitary confinement, an experience he said cured him of any illusion that armed revolution can achieve lasting social change.

THE ASSOCIATED PRESS

Iraq **Saddam channel debuts**

ALAA AL-MARJANI/THE ASSOCIATED PRESS

Iraqi boys celebrate Eid al-Adha yesterday in Najaf, 160 kilometres south of Baghdad, Iraq. On Friday, the third anniversary of Saddam Hussein's hanging, a mysterious satellite channel began broadcasting a montage of still images of Saddam and his sons set against audio recordings of Saddam making speeches.

Iran defies UN demand

Tehran OK's plans to build 10 uranium enrichment plants

The Iranian government approved a plan yesterday to build 10 new uranium enrichment facilities, a dramatic expansion in defiance of UN demands that it halt the program.

The decision comes only two days after the UN nuclear watchdog agency censured Iran, demanding it immediately stop building a newly revealed enrichment facility near the holy city of Qom and freeze all uranium enrichment activities. The rebuke angered Iran, raising demands from lawmakers yesterday to cut back cooperation with the UN.

The enrichment announcement is likely to stoke already high tensions between Iran and the West over its controversial nuclear activities. The U.S. and its allies have hinted of new UN sanctions if Tehran remains defiant.

A Cabinet meeting headed by President Mahmoud Ahmadinejad ordered the new sites to be on the same scale as Iran's only other industrial-scale enrichment plant currently in operation, near the town of Natanz in central Iran.

About 8,600 centrifuges have been set up in Natanz, but only about 4,000 are actively enriching uranium, says the International Atomic Energy Agency.

THE ASSOCIATED PRESS

Power plants

- Iran says it aims to generate 20,000 megawatts of electricity through nuclear power plants during in the next 20 years. It said the new plants are needed to produce enough fuel for its future power plants.

News in brief

AFGHANISTAN Afghan officials said yesterday that 26 militants were killed in a gun battle with border security guards along the Pakistan frontier. The Ministry of Interior said the battle between militants and the border guards occurred Saturday night in the Gurbuz district of Khost province in eastern Afghanistan. No Afghan border security guards were killed in the violence, according to the ministry. THE ASSOCIATED PRESS

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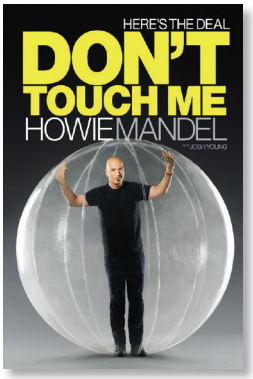

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Hundreds attack Turkish police station
Reports say 300 Kurdish rebel supporters hurled fire bombs and stones at a police station in southern Turkey. THE ASSOCIATED PRESS

China **Gotta get that government job**

THE ASSOCIATED PRESS

Chinese take part in a nationwide civil service entrance exam in Wuhan in central China's Hubei province yesterday. More than one million applicants are expected to participate in the examination, and only 15,000 positions are available, according to news reports.

Freeze on settlements

Israel's defence minister yesterday ordered his office to triple the number of construction inspectors in the West Bank to enforce a new settlement freeze declared by the government, while settler leaders vowed to defy the edict.

Defence Minister Ehud Barak said 40 new inspectors would be added in the next two weeks to work with police in ensuring the settlement freeze is observed. Only 14 inspectors are deployed there now.

Prime Minister Benjamin Netanyahu last week announced a 10-month moratorium on new housing construction in the West Bank in a move he said was meant to jump-start peace talks.

The Palestinians have said they will not resume peace negotiations until Israel halts settlement construction in the West Bank and east Jerusalem – areas they claim for a future independent state.

THE ASSOCIATED PRESS

Settler homes

- About 300,000 Jewish settlers live in the West Bank.
- East Jerusalem is home to an additional 180,000 Jewish Israelis.

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Obiang set to win vote

Equatorial Guinea's leader for 30 years denies graft

Elections in Equatorial Guinea yesterday were certain to extend the 30-year rule of Teodoro Obiang Nguema, a man accused of draining his nation's oil wealth to fabulously enrich family and cronies while his people suffer in slums.

Western governments that have promised to fight corruption so far have done little as companies compete for concessions for petroleum and a burgeoning natural gas industry currently dominated by U.S. multinationals.

Obiang, 67, denies all charges and his government said in a statement released by an expensive U.S. lobbying firm that Equatorial Guinea "is committed to holding fair and democratic elections."

Opposition parties complain campaigners have been attacked and harassed, Obiang gave only six weeks' notice for the election and coverage in the state-controlled media is skewed.

The National Electoral Commission is also headed by the interior minister and weighted with Obiang supporters, and the government has refused to publish the voters' roll.

Foreign journalists have not been granted visas and African observers by presidential decree are barred from making "disparaging remarks" and must follow a government program.

It was not possible to get through by telephone to Equatorial Guinea by the time polls were due to close yesterday.

Teodoro Obiang Nguema

Some 290,000 voters are registered. Yesterday, four men challenged Obiang for the post, though none doubt who will win.

Equatorial Guinea has become Africa's third largest oil producer, with income per capita swelling to some $37,000, making the World Bank classify it as a developed nation. But according to UN figures, 60 per cent of people try to live on less than $1 a day.

Obiang has called such statistics "false," and strongly denies any corruption.

THE ASSOCIATED PRESS

Zimbabwe PM welcomes South African mediators

Zimbabwe's prime minister said yesterday he is thankful for South African efforts to help rescue his coalition government, and he said South Africa's president is expected to visit the troubled neighbouring country next week.

A spokesperson for South African President Jacob Zuma did not comment on a possible visit, but said in a statement that a delegation of mediators sent by Zuma was expected to arrive in Zimbabwe late last night.

"We want to thank the government of South Africa, in particular President Zuma," Zimbabwean Prime Minister Morgan Tsvangirai told about 30,000 people at a party rally in Harare. "They still continue monitoring what we are doing here in Zimbabwe."

Tsvangirai, the country's longtime opposition leader, entered into a power-sharing agreement in February with President Robert Mugabe, who has ruled the country since its 1980 independence from Britain.

South African and other regional leaders had pushed for the coalition following a series of inconclusive elections marred by violence blamed on Mugabe's loyalists, are urging the longtime rivals to work together.

> **"They still continue monitoring what we do in Zimbabwe."**
> Morgan Tsvangirai

Tsvangirai said yesterday that instability in Zimbabwe also had affected South Africa, sending millions of economic refugees and political asylum seekers across the border.

"What is important is that parties are in dialogue," said Zuma's spokesperson Vincent Magwenya yesterday .

THE ASSOCIATED PRESS

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NO FEAR, NO SHAME

When something is affecting your physical health, it's only logical to seek medical help. Once the issue is addressed, life can often go back to normal without lasting repercussions. But what happens when something is affecting your mental health? It's hard enough to admit that mental illness is something that one in five Ontarians will face in his or her lifetime, but dealing with the attitudes surrounding it is often a greater challenge.

"Mental illness may be the diagnosed health problem," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario, "but the major impact on the person is often a result of stigma and discrimination: the way that you and I think and act when we learn about someone we know that has a mental illness. It is unimaginable that we would turn our backs in this way from our family, friends and neighbours who were suffering from heart disease. But for the most part, mental illness is invisible to us if we choose to ignore the signs."

A 2008 Canadian Medical Association (CMA) survey found that almost half of Canadians polled think that the term "mental illness" is used as an excuse for poor behaviour and personal failings, one in ten think that people with mental illness could "just snap out of it if they wanted," and half of the survey respondents would not tell friends or co-workers that a family member was suffering from mental illness.

As well, it's far too common to think that mental illness is a personal weakness; people struggling with mental illness are, as the name indicates, struggling with an illness. And mental illness is not just a single, rare disorder. Anxiety, depression, schizophrenia, and eating disorders are just a few of the many diagnoses affecting thousands of Canadians.

People may delay seeking help for family members or spouses because of fears and shame. Treatment of young people is often overlooked because many feel it is simply a phase they are going through. But addressing a sudden change in behaviour, for example, or really listening without judging, challenging, or becoming angry is an important first step in helping a loved one. There is no shame in guiding someone towards a mental health professional – it's just like going to the doctor when you have the flu.

The sooner we can work towards dispelling the myths, the sooner we can help erase the stigma. The CMHA, Ontario, has a large online support centre that includes discussion groups, links to articles and resources, and free printable pamphlets (in multiple languages) that can help you deal with some of the misinformation surrounding mental illness. For more information on CMHA, Ontario's programs and services, visit ***www.ontario.cmha.ca.***

– By Lori Dance

10 tips to help you take control of the holidays

1. Plan your shopping trips and activities in advance so you can enjoy your time off.
2. Set an appropriate budget before you go shopping and stick to it.
3. Learn to say no. Spend your time on the people and activities most dear to you.
4. Listen to your body. Exercising will reduce stress, and so will a good night's sleep.
5. Practice moderation. Mix a healthy snack or non-alcoholic beverage in here and there.
6. Get enough sunlight, or look into natural remedies like vitamin D and melatonin.
7. Take a breather. 15 minutes alone can be bliss at times.
8. Be realistic. There will be drama, but everyone is stressed right now so be understanding.
9. If you feel lonely or isolated, reach out. If someone else needs help, be there for them.
10. If you're overwhelmed and the feelings won't go away, it's time to talk to your doctor or a mental health professional.

PROMOTING MENTAL HEALTH IN THE WORKPLACE

Mental health, like physical health, is something that all people have; whether good or bad, it's always with us in some form or another. And when demands are placed on our health (even at work) that exceed our ability to deal with them, we may become ill. It's simply a fact of life.

Indeed, just as physical illness (like the flu) can contribute to workplace absenteeism, employers are faced with lost time and productivity as a result of mental illness as well. In fact, nearly 14% of Canadian companies' net annual profits are lost as a result of mental illnesses in the workplace, and recent calculations suggest that mental health and addiction issues cost the Canadian economy upwards of $51 billion annually.

"We know that one in every five Ontarians will be affected by a mental illness every year," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario. "Many will never speak to their family, friends, employers, or even their doctor about their illness."

Unfortunately, it is often much easier to call in sick than it is to call in depressed. Sometimes you're going through something at home. Maybe you don't feel as though you're being recognized for the hard work you've done – or that you're not being supported by your boss and/or co-workers. It happens from time to time – but if it's affecting your life on a long-term basis, it may pose a risk to your mental health.

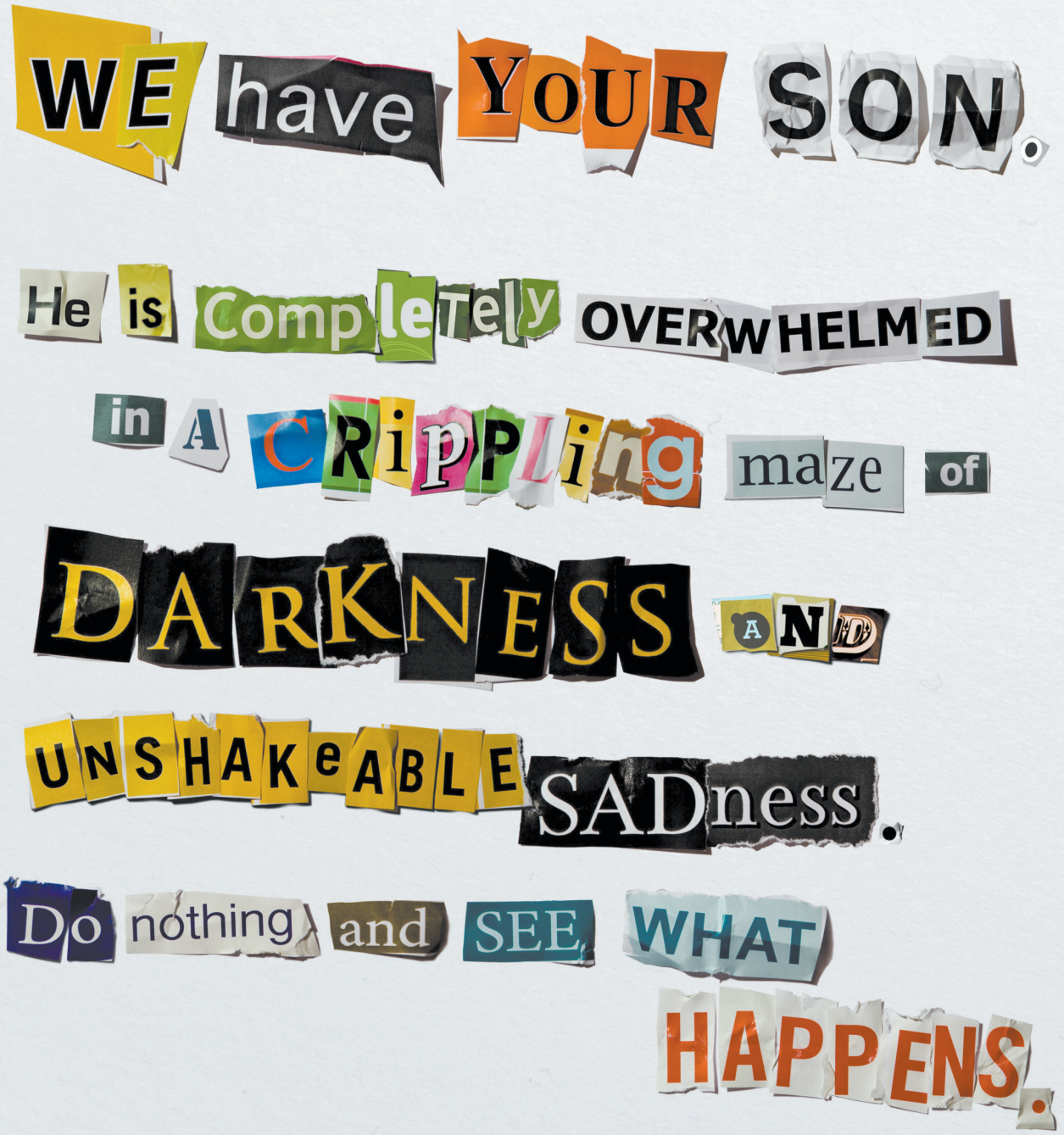
But what safeguards are in place in the workplace itself between the onset of mental illness and, specifically, the loss of job productivity? How does one deal with mental health issues in a work environment, and how can its effect be minimized effectively?

For one thing, it's important to recognize the signs that an employee or co-worker may be experiencing challenges to their mental well being. A sudden drop in productivity, changes to their personality or attitude, or a sudden increase in absenteeism can be an indication that someone in your workplace may need help.

The CMHA, Ontario, offers many excellent resources for those looking to learn more about how to help their employees or co-workers (or even themselves). One program, appropriately called Mental Health Works, provides online support with workshops, articles, links, and answers to questions you may not know how to ask.

By addressing the risk factors of mental illness where we work, we can together promote well-being in a safe, happy, and productive environment – the kind of workplace everyone can enjoy. For more information (and to take a free online wellness survey), visit ***mentalhealthworks.ca.***

– By Lori Dance



According to a recent Canadian Medical Association (CMA) survey of Canadians, 11% of Canadians think depression is not a mental illness and 50% think it's not a serious condition.

Canadian Mental Health Association (CMHA) is committed to improving the lives of those who are living with mental illness. And with 33 branches in Ontario alone, we provide a place for individuals to reach out for support.

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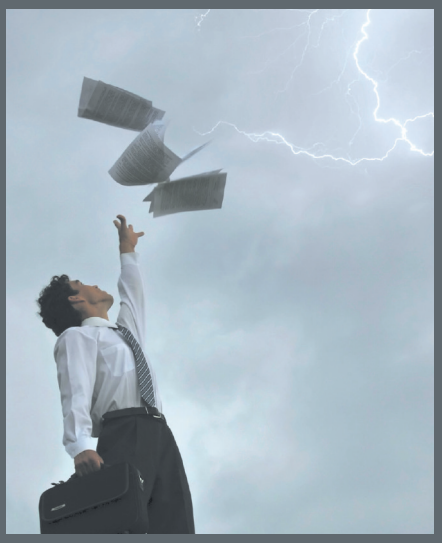

weathering the economic storm

In every work environment, there are people who worry about the security of their jobs and their financial future. But with the recession continuing weigh heavily on the minds of the Canadian workforce, more and more employees are losing hope that they will emerge unscathed. And not only is this affecting their productivity, but it is also causing stress to their mental well being.

While the worst may well be behind us, economic recovery is likely to be slow. And it could take even longer for Canadian workers to recover from the mental and emotional repercussions of the recent economic downturn. Looking at the attitudes of employers and employees gives some insight into how that might impact the workplace in the months and years to come.

A 2009 Desjardins Financial Security survey has shown some staggering disparities between how the recession is viewed by employers and employees. Close to a quarter of employees polled said that their environments have become more negative, while 73% of employers said that theirs have become more positive. 43% of employees are worried about losing their jobs and many believe that employers are using the recession as an excuse to cut staff – and ironically enough, 70% of employers are maintaining or increasing their workforces.

There is, however, one point on which both groups found common ground: their health. One quarter of employees and 37% of employers agreed that the recession has negatively affected employees' physical health, with 35% of employees and 63% of employers claiming a toll on mental health as well. An increase in stress levels was found to be another challenge to employees' health, as 35% said they are experiencing higher stress this year than they did a year ago.

"What's evident in these results is that a clear and open dialogue is urgently needed between employers and their staff, but not just during difficult times," said Dr. Taylor Alexander, CEO of the Canadian Mental Health Association (CMHA), National Office. "Of course, we believe that both groups are responsible for managing their own mental and physical health. But employers must also help create a mentally healthy workplace for their staff. Leadership on this issue starts at the top."

So why is promoting a mentally healthy workplace such an important and mutually beneficial concept? "By investing in their workers, companies are investing in themselves," explains Michele Nowski, Director, Disability Claims and Disability Management with Desjardins Financial Security, who notes that mental health claims are the fastest growing category for days lost to disability in Canada. "A mentally healthy workplace typically has fewer disability claims, lower absenteeism and better productivity. It really becomes a partnership between employees and employers because employees also have a responsibility to manage their health and stress levels."

For more information on the survey results and to access free wellness toolkits that can help you manage stress levels at home and in the workplace, visit ***www.healthiscool.ca.***

– By Lori Dance

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Comment

Squeezing more at Bloor

InTransit

Ed Drass

metronews.ca/intransit

To increase subway capacity on the heavily used Yonge subway line, TTC personnel last week began diverting riders along the southbound platform of Bloor station during the morning rush. If the experiment succeeds in moving more people and trains through the system's busiest station, it could be extended past Friday and maybe tried at other passenger bottlenecks.

Launched during a fare hike process that has exposed many key flaws at TTC, riders have been skeptical about this test — but it might actually work.

By blocking access to the last few subway cars at Bloor, transit officials hope passengers can board trains faster from the less-crowded southern end of the platform.

"The TTC wants to shorten the amount of time trains 'dwell' in the station and send more of them through per hour."

The TTC wants to shorten the amount of time trains "dwell" in the station and send more of them through per hour. Yonge line superintendent Collie Greenwood says that so far an average of 28 trains have been stopping hourly — more than normal.

The TTC must decide this week if this change justifies the extra personnel. I visited Thursday and there were far too many supervisors, special constables, as well as police.

The numbers will drop this week, but assigning the right number of people to crowd control requires a deftness the TTC may not possess.

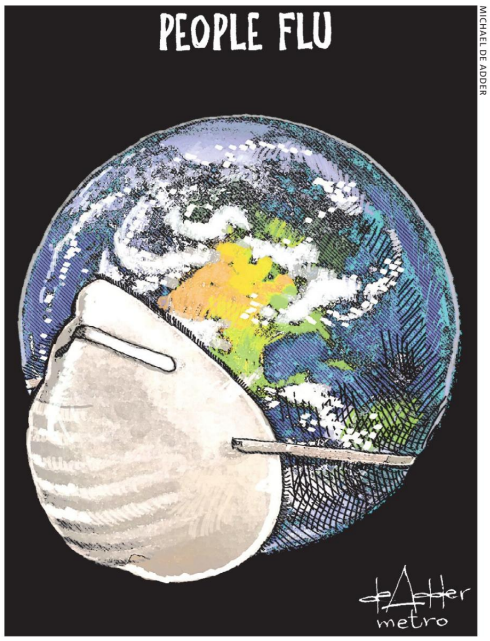
That said, increased subway capacity is worth a try — as is having platform staff ask riders not to block train doors.

Readers, do you think this experiment will result in faster, more efficient boarding?

Quick tip

- For photos and discussion of the Yonge/Bloor test, see stevemunro.ca.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.



MICHAEL DE ADDER

Views

Anne solves all your holiday gift-giving dilemmas

HineSight

Anne Hines

metronews.ca/hinesight

Today, Part Two of "Prepping for the Holidays:" Answers to all your gift-giving questions.

Q Dear Anne: I'm having trouble finding a gift for my boyfriend. Any suggestions?

A When shopping for a good gift for a man, it's important to keep in mind one thing: There are no good gifts for men. Women are easy. Just look at what we buy ourselves and then buy us more of it. Unfortunately, no one needs a dozen tire air gauges or 16 interchangeable-head screwdrivers. But, there is a solution. Break up with him on December 20. I didn't say it was a good solution.

Q Dear Anne: I'm finding the idea of giving gifts outdated. Do we really need more stuff? Is it OK to tell my relatives that I'm not giving gifts this year?

A Absolutely. Taking a stand for "love not loot" says you honour the true spirit of Christmas. So, if this feels right, do it.

Unless, of course, you're related to me. Then you need to buy stuff.

Q Dear Anne: I like to make my own gifts, but I'm sensing that my friends have lost their enthusiasm for tea cosies fashioned from old socks and twist-tie jewelry. What can I make that they might find more useful?

A Here's a gift someone really should make: The "Lie To Me" meter. This handy meter is designed to detect fibs at 50 paces, letting off a siren that tells the perpetrator, "You're busted, baby." Perfect for households with teenagers or when discussing deadlines with your home renovations contractor. Warning: To avoid overloading circuits, device must be turned off during political campaigns and first dates.

Q Dear Anne: What's the most important thing to remember when choosing a gift?

A Keep in mind, "Who should I be trying to please?" Yourself. You have no idea what someone else thinks. Buy what you love for who you love and you're guaranteed happiness. Even if it's just your own.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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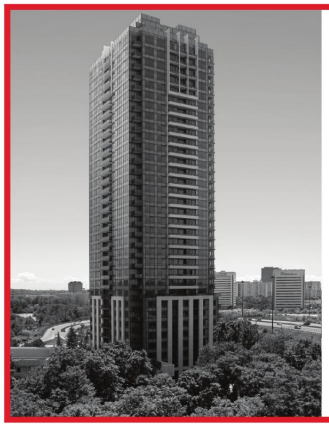

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iPhone finally debuts in South Korea

South Koreans got their first taste of the iPhone on Saturday as the multifunctional communication and entertainment device made its long awaited debut in one of the world's most technologically sophisticated societies. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Holiday shopping off to strong start

RETAIL Shoppers in the United States spent only slightly more in stores this Black Friday than they did last year, according to data released Saturday.

Preliminary sales data from ShopperTrak RCT Corp. show shoppers spent $10.66 billion when they hit the malls on the day after Thanksgiving — only 0.5 per cent more than last year.

Still, more than a year after the economy's collapse began rattling shoppers, industry observers said Friday's shopping sprees offered a strong start to the holiday season.

THE ASSOCIATED PRESS

Dubai braces for day of reckoning

Markets open today after extended holiday

The United Arab Emirates has pledged to stand behind banks in the country, offering additional money as world markets brace for a potential day of reckoning today over Dubai's crushing debt.

The UAE's immediate priority was to avert any run on banks by panicked depositors. But the promise of cheap funds also signalled to global investors that the country's federal government — backed by oil money — will do what it can to limit the fallout from Dubai's woes.

Dubai's fortunes

- Real estate prices in Dubai have fallen by 50 per cent over the past year. Many of the multi-billion dollar projects for which Dubai became famous were either scrapped or delayed, and people started losing their jobs.
- As the global credit crunch hit last year, it dried up the cheap cash on which Dubai had built its fortunes.

Dubai World, the conglomerate that has long been the chief engine behind Dubai's explosive growth, on Wednesday announced it needed at least a six-month reprieve from paying its roughly $60 billion debt. The news sent global markets tumbling.

Mideast markets were unaffected because of an extended Islamic holiday, but they reopen today.

The Dubai and Abu Dhabi stock markets are likely to take a routing today, analysts said. Elsewhere in the region, the bourse in Saudi Arabia will be spared for a few more days because of the holiday there. THE ASSOCIATED PRESS

KAMRAN JEBREILI/THE ASSOCIATED PRESS

A taxi passes the Dubai International Financial Center and a billboard of the ruler of Dubai, Sheik Mohammed bin Rashid al-Maktoum, in Dubai, United Arab Emirates.

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ADVERTISING FEATURE

Thinking About Selling Your Home? FREE Insider Report Shows You Exactly How To Create A Bidding War & Sell Your Home For Top Dollar!

Toronto, ON - The Toronto Real Estate Centre has just announced that pre-release copies of the 2010 edition of their most popular publication, "BUY LOW, SELL HIGH", are now available.

This real estate guide is a must have for home sellers, and reveals the most costly mistakes homeowners make when selling their home, and a proven system that can help you sell your home fast and for the highest possible price.

Why is it that some homes are sold in days, with multiple offers generating thousands over the asking price, while other homes sit on the market for week after week, and get no offers?

"You have to shake your head, because people are just not getting it.", says Simon Giannini, CEO of The Real Estate Centre.

"You have to remember that builders everywhere use simple strategies to prepare a model suite to appeal to as many people as possible. AND, they market aggressively to create a sense of urgency, which will cause buyers to act quickly, and pay top dollar!"

Giannini also added "...we've helped builders do this when selling condos, townhomes, and even expensive luxury homes, and this info can help anyone understand how to take advantage of the current market conditions, and get the absolute TOP price for their home. The info is free for the taking, so why not?"

This insider information shows clearly how the traditional ways of selling homes have become less and less effective in today's market. The fact is that more than 3 out of 4 home owners don't get what they want for their home, and worse, end up frustrated, and stressed throughout the process.

As this guide reveals, most sellers make the same mistakes over and over again, which costs them thousands of dollars. In answer to this issue, industry insiders have prepared this special real estate guide, BUY LOW SELL HIGH.

With over 162 facts, tips, mistakes, and questions about buying & selling real estate, you'll learn how to get the highest possible sale price for your home, and also how to get the best possible deal when buying your next home.

You'll learn how the MLS system really works, and find out why traditional open houses, and newspaper ads won't sell your home. This package is free, but we have limited supplies. For your free copy call NOW.

Call 416-366-9090 and ask for the BUY LOW SELL HIGH Report, or go to www.TopPriceForMyHome.com.

Public Works projects cost more, report says

REPORT The cost-effectiveness of Public Works projects can't be directly compared with the private sector partly because construction firms jack up their prices when dealing with the federal government, says a new report.

The Public Works report card found that its repair-and-maintenance costs were much higher, at about $42 annually for each square metre of rental space, compared with $27 in an annual survey by the Building Owners and Managers Association of Canada, which represents the commercial real-estate industry.

And the vacancy rate of Public Works buildings hit 5.1 per cent, compared with 4.2 per cent in the association survey. The federal government has set a vacancy target of just 3.5 per cent or less.

THE CANADIAN PRESS

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Canwest posts another loss

MEDIA Canwest Global Communications delivered another quarterly loss on Friday, with the still-sluggish advertising market pulling down overall revenues by 13 per cent.

The Winnipeg-based media conglomerate, which is in the midst of a major restructuring, posted a $111-million loss worth 62 cents per share for the period ended Aug. 31, a fraction of the massive $1.02-billion loss, $5.74 per share, logged a year earlier when Canwest booked a writedown on its money-losing Canadian conventional television operations.

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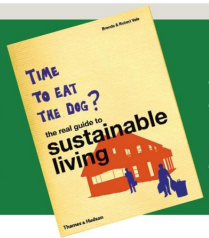
Going Green



Eat the dog?

Time to eat the Dog: The real guide to sustainable living takes a look at the environmental impacts owning pets has on our planet. Authors Robert and Brenda Vale take a look at how our lifestyle choices are affecting the planet. METRO WORLD NEWS

EDITOR: BEN.RYCROFT@METRONEWS.CA

KARL RITTER/THE ASSOCIATED PRESS

Glaciologists are rushing to gather data on Greenland's suddenly quick thaw as the world prepares to meet in Copenhagen to hammer out a new global climate pact.

Urgent investigation

Glaciologists prepare to present findings in Copenhagen

Suddenly and without warning, the gigantic river of ice sped up, causing it to spit icebergs ever faster into the ocean off southeastern Greenland.

The Helheim Glacier nearly doubled its speed in just a few years, flowing through a rift in the barren coastal mountains at a stunning 30 metres per day.

Alarm bells rang as the pattern was repeated by glaciers across Greenland: Was the island's vast ice sheet, a frozen water reservoir that could raise the sea level six metres if disgorged, in danger of collapse?

Half a decade later, there's a little bit of good news — and a lot of uncertainty.

"It does seem that the very rapid speeds were only sustained for a short period of time, although none of these glaciers have returned to the 'normal; flow speeds yet," says Gordon Hamilton, a glaciologist from the University of Maine.

The issue has gained urgency as scientists rush to supply their latest findings in time for negotiations on a new global climate pact, set for December in Copenhagen.

Scientists say the Greenland ice sheet, which is up to three kms thick and covers an area almost the size of Mexico, is losing about 200 million cubic metres of ice a year — the equivalent of 80,000 Olympic-sized swimming pools.

The U.N.'s top climate official, Yvo de Boer, has warned that the ongoing negotiations on fighting climate change are moving so slowly that it will be impossible to reach a comprehensive deal come December.

He said the Copenhagen meeting should aim instead to agree on "key cornerstones" of emissions cuts and how to finance them.

THE ASSOCIATED PRESS

Warm oceans

- In July, the world's oceans were the warmest in almost 130 years of record-keeping. Meteorologists say a combination of factors are at work, including a natural El Nino system, man-made global warming and a dash of random weather.

U.S., China pressed for greater commitments

CLIMATE European Commission President Jose Manuel Barroso is urging China and other countries to make more ambitious commitments on curbing heat-trapping greenhouse gas emissions.

Barroso welcomed fresh emission pledges by China and plans by both Chinese Premier Wen Jiabao and U.S. President Barack Obama to attend next month's U.N. conference on climate change in Copenhagen.

"Everyone is committing," Barroso said. "We have to see at the end if all these commitments together lead us to the minimum necessary that according to science we have to do. So far, we are not yet there," he said.

Scientists believe a two-degree Celsius increase in global temperatures would lead to destructively rising seas. THE ASSOCIATED PRESS

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Super-giant slalom victory for Canadian

Canadian Manuel Osborne-Paradis claimed the first super-giant slalom victory of his career yesterday at Lake Louise. Osborne-Paradis, who resides in Invermere, B.C., flew down the course in a time of one minute 32.93 seconds to pick up the win. THE CANADIAN PRESS

Sports

Davydenko scores first big win

Nikolay Davydenko, left, won the first big tournament of his career yesterday, running down just about every ball and using a consistent serve to beat U.S. Open champion Juan Martin del Potro 6-3, 6-4 to win the ATP World Tour Finals. Davydenko was coming off his semifinal victory over top-ranked Roger Federer and dominated his service games against Del Potro, losing only five points on serve in the first set and eight in the second. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

NBA Allen Iverson is generating plenty of talk about a possible return to the Philadelphia 76ers, but coach Eddie Jordan said yesterday that's all there is to it right now. Speaking to reporters before yesterday's game against the Spurs, Jordan acknowledged Iverson has been discussed.

NHL Pittsburgh Penguins left-winger Matt Cooke was suspended for two games without pay by the NHL yesterday for a deliberate check to the head area of New York Rangers centre Artem Anisimov on Saturday night.

NBA The NBA fined Phoenix Suns forward Amare Stoudemire and Charlotte Bobcats forward Tyson Chandler $7,500 US each yesterday for posting to their Twitter accounts during games in violation of league rules. Chandler tweeted a message on Wednesday while the Bobcats were on their way to a 116-81 win over the Raptors, the same night Stoudemire also posted during a game.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Phoenix at Anaheim N
San Jose at Vancouver N

NBA

YESTERDAY'S RESULTS

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Orlando 114 New York 102
Boston 92 Miami 85
Houston at Oklahoma City
Philadelphia at San Antonio
Minnesota at Denver
New Orleans at Sacramento
New Jersey at L.A. Lakers

NFL

YESTERDAY'S RESULTS

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Buffalo 31 Miami 14
Cincinnati 16 Cleveland 7
Indianapolis 35 Houston 27
Minnesota 36 Chicago 10
N.Y. Jets 17 Carolina 6
Philadelphia 27 Washington 24
San Diego 43 Kansas City 14
San Francisco 20 Jacksonville 3
Seattle 27 St. Louis 17
Tennessee 20 Arizona 17
Pittsburgh at Baltimore

Alouettes win thriller

GREY CUP

Riders 27 Alouettes 28

The Montreal Alouettes are Grey Cup champions.

Damon Duval's 33-yard field goal with no time left capped a fourth-quarter rally from a 10-point deficit in a 28-27 win over the Saskatchewan Roughriders.

A failed attempt moments earlier was negated by a Saskatchewan penalty and he didn't make a mistake on his second chance.

Avon Cobourne ran for one touchdown while Anthony Calvillo connected with Ben Cahoon for another to set up the comeback.

Montreal trailed 14-3 at the half and 20-10 after three quarters.

Anthony Calvillo threw a TD to Jamel Richardson while Damon Duval booted another field goal and a single for Montreal, the top team in the CFL at 15-3 this season.

The Alouettes avoided a sixth loss in seven Grey Cup appearances over the past 10 years.

Darian Durant threw for one touchdown to Andy Fantuz and ran for another for Saskatchewan, which was seeking a second Grey Cup title in three years.

Luca Congi added four field goals and Louie Sakoda added a single for Saskatchewan.

Montreal was making its seventh Grey Cup appearance in the past 10 years. The Als had won the big game just once over that span, beating Edmonton 25-16 in 2002.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Montreal Alouettes quarterback Anthony Calvillo fires a pass against the Saskatchewan Roughriders during yesterday's Grey Cup final in Calgary. Montreal won 28-27.

Tiger takes blame for car crash, but questions remain

Tiger Woods finally gave his side of the story yesterday — on his website, not to police — and took the blame for an "embarrassing" car crash that gave him cuts, bruises and public scrutiny like never before.

His statement failed to clear up any questions about the middle-of-the-night accident outside his Isleworth estate in which his wife told police she used a golf club to smash the back windows of the Cadillac SUV to help him out.

"This situation is my fault, and it's obviously embarrassing to my family and me," Woods said on his website. "I'm human and I'm not perfect. I will certainly make sure this doesn't happen again."

The statement was posted around 2 p.m. yesterday, about an hour after Woods' lawyer told the Florida Highway Patrol that for the third straight day golf's No. 1 player would be unavailable to talk to troopers.

THE ASSOCIATED PRESS

Unanswered questions

Even with his first public comments on the 2:25 a.m. Friday accident, Tiger Woods left several questions.

- Where he was going at that time of the night?
- How did he lose control of his SUV at such a speed that the air bags didn't deploy?
- Why were both rear windows of the Cadillac Escalade smashed?

T.O. helps Bills defeat Dolphins

NFL

Dolphins 14 Bills 31

A long field goal by Rian Lindell and a long touchdown catch by Terrell Owens in the final minutes propelled the Buffalo Bills to a 31-14 win over the Miami Dolphins yesterday.

The win was the first for interim coach Perry Fewell, who replaced the fired Dick Jauron two games ago.

Lindell's career-best 56-yard field goal with 3:35 left in the fourth quarter put the Bills (4-7) ahead for the first time at 17-14. Just 72 seconds later, Ryan Fitzpatrick teamed up with Owens on a 51-yard scoring play and Fred Jackson's second TD of the game, a seven-yard run with 1:20 left, closed out the scoring as the Bills ended a three-game losing streak.

After Owens scored, he mimicked Dolphins linebacker Joey Porter's sack celebration by pretending to kick dirt in the end zone. Miami fell to 5-6.

THE ASSOCIATED PRESS

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Nets dump coach
The New Jersey Nets have fired coach Lawrence Frank after losing their first 16 games during one of the worst starts in NBA history. THE ASSOCIATED PRESS

Nash, Suns eclipse Bosh's performance

NBA

Suns 113 Raptors 94

AT

Steve Nash and the high-octane offence of the Phoenix Suns proved too much for the Toronto Raptors — again.

The Victoria point guard had 20 points and 16 assists to lead Phoenix to a 113-94 win over the Raptors yesterday, the Suns' 12th consecutive victory over Toronto.

Chris Bosh had 30 points and 17 rebounds to top Toronto (7-11) for his 12th double double in his last 13 outings. Andrea Bargnani added 24 points, while DeMar DeRozan finished with 14, and Hedo Turkoglu and Jarrett Jack added 10 apiece for the Raptors, who lost for the seventh time in their last eight games.

Jason Richardson had 22 points to top the Suns (14-3), while Amare Stoudemire added 18 and Leandro Barbosa finished with 17.

The Raptors haven't beaten Phoenix since a 101-94 win on Feb. 10, 2004, the final game between the two teams before Nash re-signed with the Suns. Phoenix arrived in Toronto for this matchup sporting the best record in the NBA, and had scored 100 points-plus in every game this season.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

Phoenix Suns guard Steve Nash drives at Toronto Raptor Andrea Bargnani during yesterday's game. The Suns won 113-94.

Argonauts have missed the boat on sharing a stadium with TFC

It'sCalledFootball

Ben Rycroft

metronews.ca/itscalledfootball

Too little, too late. Johnny come lately. Either would describe the Toronto Argonauts' latest attempt at reviving their failing franchise.

This past weekend news began to seep out that the Argos were not only looking at a move to BMO Field, home to Toronto FC, but had tabled a formal letter to Toronto City Council regarding the move and the CFL had commissioned a study to determine the feasibility.

As a passionate supporter of the beautiful game, I've tabled my own letter to the Argos and CFL.

To Whom It May Concern:

Let me save you the consultant fee. It doesn't make sense for either side and you will have a damn near riot on your hands if you try to bring gridiron football to Toronto FC's home.

Word to Your Mother,

Ben Rycroft

But as a journalist, here are three logical reasons why the proposal doesn't make sense.

1) Stadium expansion. The current capacity for BMO is 20,500. The Argos, who drew well above that for every home game this season, would be faced with a huge loss at the gate if they were to cap sales at the present capacity. So, the only option would be expansion and because BMO Field was not constructed with that in mind, the estimated expansion costs are being pegged at $25-million. For a city that's broke and a team that was pulled from bankruptcy just a few short years ago, that doesn't seem like a likely option.

2) The grass. Within the Argo letter contains a pledge to repair the grass surface after every game. In other similar situations in the U.S. repair time takes up to 72 hours and if the Argos are to be taken at their word, that would prevent them from playing any Thursday or Friday night games. TSN, the major broadcaster of the CFL, can't be looking at that favourably.

3) York University. York has long been looking for a partnership that would allow them to renovate their current stadium. A three way partnership with Rugby Canada, the Argos and York would demand much more attention when the Pan Am money faucets come on, than if the Argos went it alone.

Finally as a reminder, and again this comes from the supporter side, it was the Argos who pulled out of the Varsity stadium deal. It was the Argos who pulled out of the York deal. It was the Argos who screwed the soccer community here twice by doing so.

Simply put, they can Arrr-go away.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

ADVERTISING FEATURE

New breakthrough helps people easily eliminate boating, constipation and weight gain

Doctor developed, natural formula amazes doctors. Patients report less digestive problems and a dramatic increase in energy and ability to lose weight.

TORONTO - You put yourself at risk everyday, with the stress and toxins you're exposed to. It's crucial to eliminate toxins from your body. "Toxins accumulate daily and can lead to sickness and disease" – reports Dr. Michael Ho.

Dr. Michael Ho is a doctor with 20+ years of clinical experience, specializing in drug-free treatments to health problems effecting Americans. Having studied and worked in countries throughout the world, Dr. Ho has devoted his life to the study of Health and Medicine. Dr. Ho has been recognized for his ability to identify and correct the cause of the problem, providing long-term relief for his patients. He states, "One of the most vital health factors is our digestion. Irregularity causes toxic build up – can lead to bloating, irritable bowel, gas, constipation, fatigue & weight gain. When our digestive system is unhealthy, we become unhealthy and more prone to sickness."

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Before After

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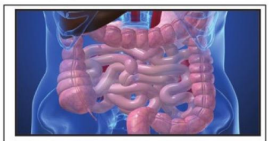

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Student killed in shooting at Hungarian university

A student opened fire at a university in the Hungarian city of Pecs yesterday, killing one student and wounding three other people. According to media reports, the shooting occurred in Pecs University's biophysics research institute. METRO NEWS SERVICES

Workology

Credit cards for tuition

David Murray, a third-year business student at the University of Alberta, will soon launch Pay4u, a third-party website to let uAlberta students use credit cards to pay for tuition. The university discontinued the credit card option for tuition payments in the summer of 2008.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

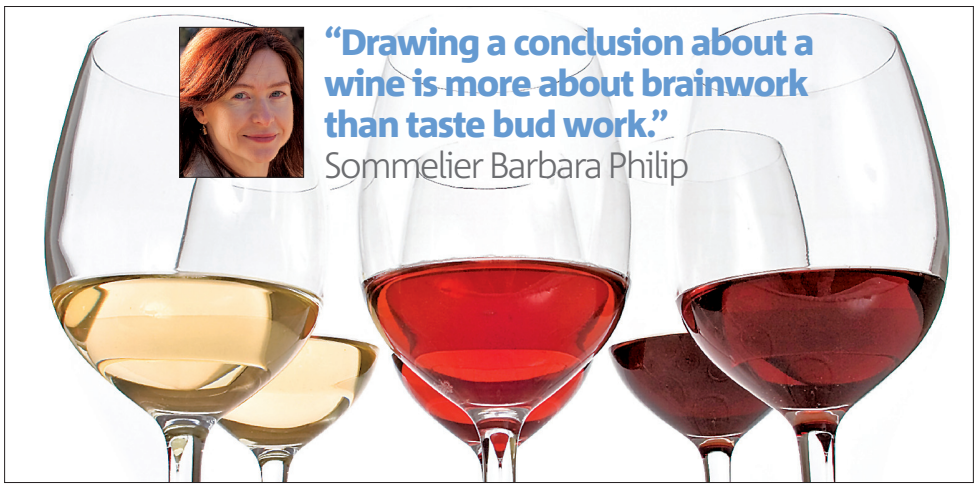
Hail the Master of wine

Sommelier tells a story of travelling the world to find the finest Merlot

OddJobs

Diane Peters

Metronews.ca/oddjobs



"Drawing a conclusion about a wine is more about brainwork than taste bud work."

Sommelier Barbara Philip

Barbara Philip is a sommelier, a wine expert who specializes in pairing wines with food.

Barbara Philip only waitressed while waiting for her acting career to take off.

"You're always in a sense of denial, that this isn't my real job. That one day I'll get my big break," says Philip, 43.

The Vancouverite's big break did come, but it had nothing to do with theatre.

About 15 years ago, she, her husband and a friend started getting into wine; pairing wines at dinner parties, reading about it and taking trips to wine regions.

One day, a chef friend called, saying his restaurant's sommelier — wine expert — had just quit, and offered her the job.

She ended her contract with her acting agent and dug into wine.

While she worked at the restaurant designing the wine list, ordering wine and helping customers pick their vintage for the night, she began taking courses.

As she furthered her wine knowledge, she heard about something cool: Master of wine certification.

The designation was held by less than 200 people in the world at the time.

"If I'm going to be in the wine business, I want to go all the way with it," Philip said to herself.

She kept working in restaurants, and took courses and travelled to taste as many wines as she could, and learn in detail the wine business, making wine and growing grapes.

Meanwhile, because she was a woman in the wine industry — a rarity at the time — she began getting requests to do talks, run tastings, teach classes and judge events.

By the time she wrote her thesis and sat her master of wine exams in 2005 and 2006, her freelance work was so busy, she quit her restaurant job.

Her husband Iain, who used to work for BC Hydro, also works in wine full time now; they run Barbariain Consulting together and he's the senior wine instructor at Vancouver's Art Institute.

Philip now travels a great deal, flying around the world to tastings and competitions.

As well, she now works as the European wine buyer for the British Columbia Liquor Distribution Branch (BCLDB) — which means more travel.

She's constantly tasting wine.

She follows a template to evaluate a wine based on its sight, smell and taste.

"It's very systematic. Drawing a conclusion about a wine is more about brainwork than taste bud work."

And while she'll have a glass at home in the evening, and at dinner parties, most of the time at work, she spits it out. "When you're reviewing, judging or buying, you have to have your mind about you."

The Lowdown

Job title: Sommelier

Salary: In a restaurant you can make up to $80,000

Education/training: There are various organizations that train people in wine in Canada; but anyone who does the job for a restaurant or a company can call themselves a sommelier.

Best Part of the Job: "Travelling and meeting people who's life's work is wine. It's a really good way to get an insight into a culture."

Worst Part of the Job: "Red teeth."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Workology in brief

STROKE INVESTMENT FROM OTTAWA: The federal government is pledging $19.2 million over three years to the University of Ottawa-based Canadian Stroke Network, one of Canada's Networks of Centres of Excellence. The funds will be used from 2010 to 2013 to support a variety of projects, such as a study on the link between dementia and stroke, large clinical trials focused on prevention and rehabilitation, and an audit of stroke care across Canada.

TUITION FREEZE BLAMED FOR UNIVERSITY CLOSURE: Portage La Prairie MLA David Faurschou contends the Manitoba NDP government's decade-long tuition freeze (lifted this year) is the reason behind the temporary closure of the University of Manitoba's Delta Marsh Field Station. Because the university has not been able to raise its tuition over the last 10 years, Faurschou argues, it has had to cut programs and services, and the research station has fallen victim to these cutbacks.

ONTARIO UNIVERSITIES COMMIT TO SUSTAINABILITY PLEDGE: Yesterday the executive heads of Ontario universities presented to the provincial government a made-in-Ontario sustainability pledge, Ontario Universities: Committed to a Greener World, reinforcing the institutions' commitment to the environment and the future well-being of Ontario. The initiatives cover nine key areas, among which include integrating sustainability concepts into curriculum and research, recycling and waste management, and water management.

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Nipissing opens Academic and Research Complex
Nipissing University will hold an official opening ceremony today for its new $8.6-million Academic and Research Complex. The three-storey, 26,000-square-foot facility features state-of-the-art classrooms, research laboratories and faculty offices for researchers. METRO NEWS SERVICES

Startup gives you points for going out

Laura Fitton's ascent has been staggering: In less than a year, she's become mayor of nine different places in several different states, all without giving any speeches or kissing any babies.

Instead, Fitton has gone out. A lot. And that's allowed her to build an empire in the world of a rapidly growing Internet startup called Foursquare, which rewards users with points and virtual "mayorships" for checking in on their cellphones when they're out and about.

Foursquare is the brainchild of Dennis Crowley, 33, and Naveen Selvadurai, 27. The two friends decided to roll out their service after learning in January that Google was shutting down Dodgeball — a similar tool for connecting with friends through text messages. Crowley had started Dodgeball in 2000 and sold it to Google in 2005 for an undisclosed amount.

Released in March, Foursquare lets you share your whereabouts with friends, no matter if you're at a hot bar or a neighbourhood pet store. Once you've checked in somewhere — through Foursquare's website or its applications for the iPhone or Android phones — your friends can see where you are and decide whether to meet up with you.

JEFF CHIU/THE CANADIAN PRESS
Foursquare is a startup venture that lets you check in to businesses and rewards your frequenting places more than once.

If you want to check in on an iPhone, for example, you'd see a main tab showing your favourite and nearby businesses, and another tab showing where your friends have recently checked in. You can search for venues, leave tips for other users about things they might want to try at a bar or restaurant, or send a "shout" — a message that goes to all your friends.

Checking in is done on the honour system, so technically you can check in at dessert destination Serendipity 3 in Manhattan even if you're really sitting in an office in San Francisco.

There are plenty of applications that let you share your location with friends, such as Loopt, Glympse and Google Latitude. What's different about Foursquare — and what users say keeps them coming back — is that it includes a reward system familiar to video gamers.

You get five points for checking in somewhere for the first time, for example, and if you visit a place three times in a week you'll earn a "local" badge that appears on your Foursquare profile. Check in somewhere more than others do and Foursquare will dub you the mayor. (You'll have to keep visiting, though, or you might be overthrown by somebody else.) A leaderboard lets you see how you stack up against your friends and other users in your area.

Foursquare isn't yet harnessing its users to make money, but Crowley says it plans to eventually. It might ask businesses to pay to display specials to users (some are doing this for free).

THE ASSOCIATED PRESS

Successful launch

- Since Foursquare launched, it has gained more than 100,000 users and added more than 100 cities worldwide to its roster.

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NSERC announces new programs to build ties between industry, university research

The Natural Sciences and Engineering Research Council of Canada has introduced two new programs to make it easier for industry and universities to establish research partnerships; the Engage Grants Program and The Interaction Grants Program. METRO NEWS SERVICES

Workology in **brief**

REDESIGNED YUKON COLLEGE WEBSITE LEADS TO IMPROVED WEB TRAFFIC: Yukon College reports that its new website is experiencing increased traffic, with 27,000 unique visitors who connected to the site 81,000 times in the first two months. The most frequently viewed pages after the homepage were links to academic programs, the Student Information page, and the About Yukon College page.

SUPREME COURT REJECTS APPEAL ON OSHAWA STUDENT HOUSING: Last week, the Supreme Court of Canada dismissed an appeal of lower court decisions upholding Oshawa's zoning bylaws, which disallow commercial lodging houses in residential areas. The appeals stems from a Superior Court ruling in the summer of 2008 that found approximately three dozen houses in subdivisions surrounding the Durham College/University of Ontario Institute of Technology can be classified as commercial lodging houses, and therefore contravene municipal bylaws. In February 2008, Oshawa introduced a controversial bylaw to regulate student housing near campus, but, according to a homeowners' association president, the city has not yet issued any licenses to landlords.

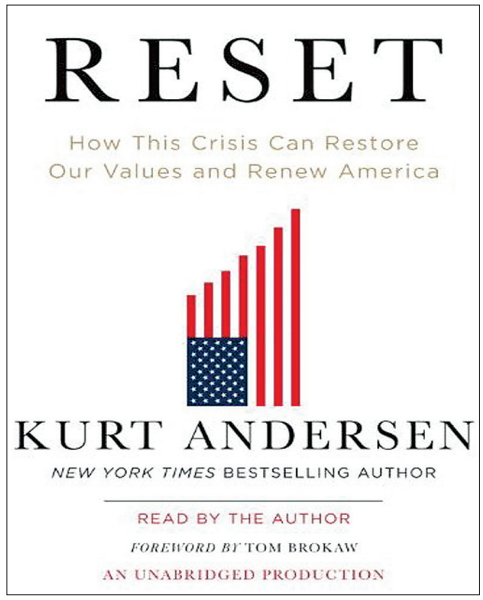
METRO NEWS SERVICES

Easy times are over for Americans: Author

Book**Review**

Reset — **How this Crisis Can Restore Our Values and Renew America**

Author: Kurt Andersen
Publisher: Random House
Price: $17.50



Everyone seems to know the fable of the grasshopper and the ant. The tale goes that the grasshopper enjoys the spoils and good times of the summer while the ants work hard to build up their stockpile. The winter comes along and the grass hopper is in a poor situation to survive.

According to author, Kurt Andersen, American's have been behaving like the grasshopper, recklessness that ultimately lead to the global financial collapse. Using historical examples, Andersen describes how the discovery of gold in Northern California in 1948 was a point in time where any average American could make a fast fortune … and ultimately achieve the American Dream.

The 1948 gold rush seemingly shaped a new type of American, one "repeatedly wont to abandon prudence and the tedium of saving and building in favour of the fantastic idea that anybody, given enough pluck and luck or liberty, can make a fortune overnight" said Andersen.

Andersen paints a very hopeful picture of the economic landscape … one where America can truly mature, reset and become a different but better country. The age of the Homer Simpson caricature of the "quintessential American — Childish, irresponsible, willfully oblivious, fat and happy" is at an end. A fast and interesting read.

CRAIG LUND/FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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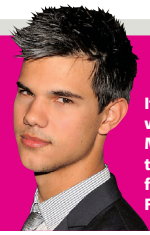
Coca Rocha has own clothing line

Coca Rocha is set to launch her own clothing line. The Canadian supermodel declared on her blog she plans to create her own range, and has even posted a picture of herself sketching some of the garments in her New York apartment. FEMALEFIRST.CO.UK

Entertainment



Big Fan

It isn't just screaming tween girls who are going gaga over New Moon star Taylor Lautner — one of the onscreen werewolf's biggest fans is Oscar-winning actor Jamie Foxx. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

New Moon is the top film at the weekend box office.

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **The Twilight Saga: New Moon:** $42.5 million US
2. **The Blind Side:** $40.1 million
3. **2012:** $18 million
4. **Old Dogs:** $16.8 million
5. **A Christmas Carol:** $16 million
6. **Ninja Assassin:** $13.1 million
7. **Planet 51:** $10.2 million
8. **Precious:** $7.1 million
9. **Fantastic Mr. Fox:** $7 million
10. **The Men Who Stare at Goats:** $1.5 million

THE ASSOCIATED PRESS

New Moon's rising stars

No such thing as small roles for Canadian actors in Twilight franchise

The Canadian actors in The Twilight Saga: New Moon are learning there's no such thing as a small role in the mega-popular movie franchise.

As with nearly everything connected to the blockbuster film and book series, fan reaction — even to bit players — has been surprisingly fervid, says the B.C.-born Cameron Bright.

The 16-year-old appears only briefly towards the end of New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

"It's crazy, I'm only in it for like a minute and a half or two minutes but I'm world renowned now," says Bright.

Before the L.A. screening, he says he and U.S. actor Kiowa Gordon, who plays the werewolf Embry, went to greet some of the devotees, many of whom had lined up days in advance for a chance to meet the stars.

"We signed some autographs at the beginning and the middle of the line and it was crazy. It was like the whole road was a ball of people around me and Kiowa," Bright recalls.

Cameron Bright appears only briefly in New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

Aside from New Moon — the second instalment in the Twilight Saga film series — Bright is perhaps best known for his unnerving performance in the 2004 film Birth, where he played a 10-year-old boy who attempts to seduce a grieving widow, portrayed by Nicole Kidman.

Other Canadians in the film include B.C. actors Bronson Pelletier and Tyson Houseman, who play werewolves Jared and Quil.

Their screen time pales in comparison to stars Robert Pattinson, Taylor Lautner and Kristen Stewart, but even the small roles come with the promise of more limelight later in the series, based on the novels by Stephenie Meyer.

Pelletier acknowledges he has only a few scenes in New Moon but notes they are loaded with meaning for the well-read viewer who is fully aware of each character's literary backstory.

"It's crazy, I'm only in it for like a minute and a half or two minutes but I'm world renowned now." Cameron Bright

And because New Moon and its followup, Eclipse, were shot in Vancouver back-to-back, Pelletier says he kept in mind his character's broader story arc while filming early scenes.

"Jared in the book, he's the first to (fall in love with) this girl that he sits beside in class, her name is Kim, and they turn us into a romantic thing," says the 22-year-old actor.

"It's not actually in the New Moon movie, but it's good to know that kind of background story on Jared."

Bright jokes that the intense attention paid to even the most minor Twilight characters adds disproportionate weight to his character's one-liners.

"I gotta say them just right," he says laughing.

THE CANADIAN PRESS

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Memorial concert held for Gately

Family, friends and fans of the late Boyzone star Stephen Gately gathered in London on the weekend for a memorial concert in his honour. Gately, 33, was found dead at his holiday villa in Majorca in October. A post-mortem found he died from natural causes. ANANOVA.COM

Fans show 'em the money

Socialite

Rea McNamara

Read her blog at metronews.ca/socialite

As we brace ourselves for the 2010s, the music industry's future — one unsettled during this decade with illegal file sharing — is experiencing a bit of nostalgia.

The Times recently buzzed about the single's resurgence, since we're all shopping for individual .99 cent iTunes tracks that we'll more or less blast on our smartphones.

But we still take music for granted as free, and — like it or not — our favourite musicians continue to get caught out in the cold, trying to spare a dime. Yet, just as musicians were the first to feel online's free culture — remember Napster? — they've also found a new way to pay for their craft: fan funding.

As more musicians break away from record labels, they're increasingly appealing to loyal fans to support their touring, recording and promotions. The incentive? Fans' donations follow an online tiered system that grants an immersive experience: autographs, sitting in on recording sessions, and even having a say on what makes it onto an album.

Take Saidah Baba Talibah. The Canadian singer/songwriter has sung backup on Canadian Idol and for artists like Tom Jones and Enrique Iglesias, and while she's a critical favourite, mainstream success and major label support have so far eluded her.

Until now: In October, Talibah digitally released The Phone Demos. The EP is the basis for a comprehensive strategy to encourage the fan-funding of her spring 2010 album, S(C)ream.

SUBMITTED PHOTO

Canadian singer-songwriter Saidah Baba Talibah has digitally released an EP called The Phone Demos and is appealing to her fans to fund her upcoming album.

"I noticed that a lot of people in the folk and songwriting communities really called on their supporters to help get stuff done, be it recordings or even touring across the States or Canada," Talibah says about her strategy.

"It's so important for artists to have a connection to their supporters and to the world, on their own terms."

Talibah has the usual Facebook/MySpace/Twitter set-up to help promote her musi, but she's exposing S(C)ream's process in the hopes it'll bring fans close enough to donate money to help cover the album's recording and rehearsal costs. Her strategy (at just $15, you get a signed CD and private concert invite) has been incorporated into the videos and live photos she regularly posts online.

Some have been critical: In a Boston Globe piece on the subject, Dave Kusek, vice-president of Berklee College of Music, has noted the danger of not delivering what fans want. "They're effectively loaning you money in the hopes that they'll get something in return. So if you don't come through, you're running the risk of alienating your fans and eliminating those relationships."

Talibah feels she's still getting something out of fan-funding: A better understanding of her audience, and exposing her fans to making an album.

Rea McNamara writes about the on/offline statuses of niches and subcultures. Follow her on Twitter @reeraw

Socialite in brief

- Public Enemy is looking to raise $250,000 US for the recording and release of their 13th album via Sellaband, an Amsterdam-based fan-funding website. Chuck D is quick to note that PE doesn't exactly need the financing, but wants fans' input in creating a collaboration-driven album."
- Lily Allen is "social networker of the decade," reports The Observer. But just last month, the British pop star got rid of her Blackberry, gave away her laptop and shut down her Twitter account with the following status update: "I am now a neo-luddite. Goodbye."

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Tyson airport incident not recorded
Mike Tyson's run-in with a photog at LAX earlier this month may have unearthed a lapse in security at one of the biggest airports in the world. Sources tell TMZ Tyson's fight with the paparrazzi was not recorded by any security cameras. TMZ.COM

A Bocelli Christmas

Singer teams up with David Foster for holiday album

JOHN KEILLOR
for Metro Canada

The most famous living tenor, Andrea Bocelli, has sold over 65 million recordings, singing pop as well as opera. Now he's taking on one of the biggest steps a superstar singer can take — a Christmas album.

This 15-track disc is produced and arranged by Canadian David Foster, who will perform with Bocelli at the Air Canada Centre on Thursday.

The album, Andrea Bocelli: My Christmas, is a collection of English-sung tunes ranging from Jingle Bells to Silent Night. But do these songs reflect the great Tuscan Tenor's own upbringing?

"Some of these songs were also part of our (Italian) Christmas tradition," says Bocelli by phone. "White Christmas and Silent Night are songs from my childhood. Other songs I didn't know, but David (Fostre) introduced me to them. "

Pop Christmas albums are important aspects of a singer's output, and for our culture generally. Superfamous recording artists tend to make holiday records as a show of strength: The Jackson 5, Elvis Presley, Celine Dion and many other huge acts have all made Christmas recordings, and the competition just gets bigger, with Josh Groban's Noël charting as the best-selling disc of 2007.

"I'm used to the competition," Bocelli says, "because in opera everyone in the audience can compare my performance with all the other singers. I know this is a challenge, and I accept it."

He takes challenges seriously — although he's been blind since age 12, he has performed in many operas, including one performance where he arrived on stage on horseback.

Bocelli is completely comfortable in both the worlds of opera and popular music. He started out as a lounge singer, and got his big break with pop single. He came to prominence in 1992 at the age of 34, when he recorded a demo of the song Miserere for Italian rock musician Zucchero, who wanted to sell Luciano Pavarotti on the idea of recording the tune with Bono. But Pavarotti insisted that Bocelli, who had never met Pavarotti, was perfect for the song. Since then, Bocelli has sung for the Pope, many heads of state, and is generally regarded as the Fourth Tenor, after The Pav, Placido Domingo, and Jose Carreras.

So confidence isn't a problem. Still, Bocelli is as gracious as he is beautifully spoken, even if his warm Tuscan blood finds our weather challenging.

"Toronto is a very beautiful city, so clean! But it can be so cold..."

In Concert

- Andrea Bocelli performs at the Air Canada Centre on Thursday.

Andrea Bocelli: My Christmas, is a collection of English-sung tunes ranging from Jingle Bells to Silent Night.

5 hippest moments in the history of opera

JOHN KEILLOR
for Metro Canada

The Hippest Moments in Opera History is a fairly subjective list. "Hip" means different things to different people.

1. 1787 was the premiere of Mozart's Don Giovanni. Though the composer was an acclaimed musical genius, he was still rather naïve about romance. In order to learn more about seduction, the 29 year old sat down with the most infamous ladies' man of the 18th century, Casanova. This Venetian adventurer was known as "the world's greatest lover." He criticized an early draft of the libretto because it blamed women for male hardship. According to Casanova, males are, "the seducing sex and the source of pain."

2. 1886 in Rio de Janeiro, a local conductor was booed off the stage during the premiere of Verdi's Aida. From the strings section, a 19-year-old cellist mounted the podium and then conducted the opera from memory. He was Toscanini, who became the first celebrity conductor in history, with perfect ears, a photographic memory, and a temper so hot he would scream at musicians until they cried.

3. 1954 saw soprano Maria Callas's U.S. debut at the Lyric Opera of Chicago. She sang in Bellini's Norma after having dropped from 200 to 135 pounds, though conventional wisdom stated that opera singers needed the extra weight to support their diaphragms for the additional vocal range and vibrato. The opera community worried that she was destroying her career. Instead, her voice was fine and she became one of the most celebrated singers in history. The idea that singers had to be fat was discredited.

McLaren

4. 1984 Former Sex Pistols manager Malcolm McLaren made perhaps the only successful opera/techno crossover hit, with a track combining bits of Puccini's Madam Butterfly with drum machines, spoken verses and synths. With McLaren at the forefront of punk and fashion, his sexy video for the track made opera cool to a completely untraditional audience. The track reached No. 16 in the English pop charts.

5. 2001 Conductor Daniel Barenboim brings a Berlin orchestra to Jerusalem, performing excerpts from Wagner's opera Tristan und Isolde. There were protests because of the composer's famous Anti-Semitism, but Barenboim argued that while Wagner was a despicable nutbar personally, his music was really great. Besides, music doesn't make people Nazis or otherwise evil.

Offer subject to change without notice. †Most reliable network refers to call clarity and dropped calls (voice) and to session completion rate (data) as measured within Rogers HSPA footprint and comparing with competitors' voice and data 1xEvdo networks. Rogers HSPA network not available in all areas. See rogers.com/reliable for details. © 2009 Rogers Wireless.

Jet-set Jennifer

Jennifer Aniston jetted to Morocco on Thursday, joining a slew of other high-wattage celebs, including Gwyneth Paltrow, Orlando Bloom, Adrien Brody and Salma Hayek at a lavish gala for the reopening of Marrakesh's famed La Mamounia hotel. PEOPLE.COM

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Sagal's turn on the dark side

Actress best known as Peg Bundy finds new challenge in Sons

Season two of the FX drama Sons of Anarchy is primed to end with bloody payback.

The Sons, a fierce and close-knit motorcycle club, are set to wreak havoc on enemy forces that have cut into their outlaw livelihood and horned in on their turf (the curiously named town of Charming, Calif.).

Further upping the ante for the season conclusion (Tuesday at 10 p.m. EST): The club must teach the ultimate lesson to that band of white separatists who, at the season's start, sent the club a message by seizing and raping its matriarch, Gemma Morrow.

Played by Katey Sagal, Gemma is dishy, shrewd and tough as wife to the club's president (Ron Perlman) and mother of its rival for the throne (Charlie Hunnam). But recoiling from the shock and shame of her attack, she has shown viewers a previously unglimpsed vulnerable side.

"This season I had to keep asking myself, 'Who is she, vulnerable?'" says Sagal. "I had to trust that people are multifaceted, that everybody has different colours. But week by week, I was having to check: 'Where am I with this character?'"

FRAZER HARRISON/GETTY IMAGES

Katey Sagal

With her long, lean figure and ascendant cheekbones, Sagal first found fame as Peg Bundy, the big-haired, smart-mouthed housewife for 11 seasons on the Fox sitcom Married... with Children. For three seasons she starred on the ABC comedy 8 Simple Rules, which was rocked by the sudden death of co-star John Ritter early its second year.

Along the way, she snagged the role voicing sexy one-eyed mutant Leela on the cartoon series Futurama(now back in production for Comedy Central).

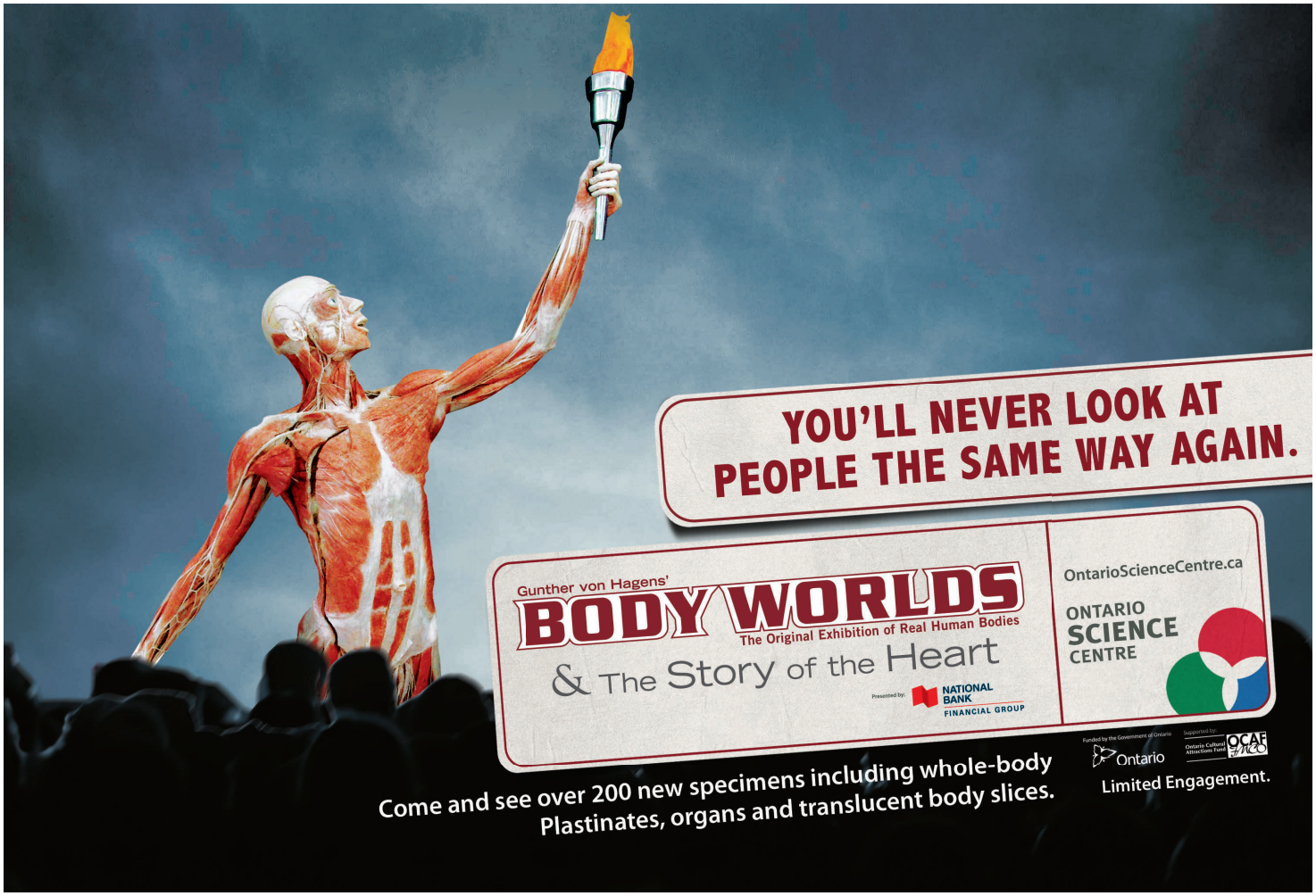
But with Gemma, Sagal has given life to a character that makes the audience forget those she invented before. Gemma came into her life thanks to her husband, Kurt Sutter, who created Sons of Anarchy after seven seasons as writer and executive producer of FX's cop drama The Shield.

"I knew (Sons of Anarchy) was going to be dark and violent, and I was up for that."
Katey Sagal

"He began researching outlaw motorcycle gangs and came up with a great sort of mythology about that world," Sagal explains. "And during that time, he said, 'I have a part for you.' I was excited about it. But I didn't really know what it was. I don't think he knew what it was."

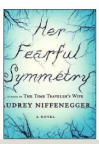
Despite the initial shortage of details about the show, "I knew it was going to be dark and violent, and I was up for that." Sagal laughs. "I spent many, many, many years doing a different kind of thing, and I was ready for a change, so 'Bring it on!' was what I felt like."

THE ASSOCIATED PRESS



Pulp Fiction co-writer jailed
Roger Avary, who won an Oscar for co-writing Pulp Fiction, has been removed from a work furlough program and locked up in a California jail for alleged tweeting. EW.COM

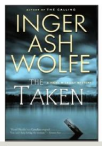
Love, loss and fear in London



Her **Fearful Symmetry**

Author: Audrey Niffenegger
Publisher: Alfred E. Knopf Canada
Price: $34.95 (Hardcover)

In the sophomore effort following her breakout debut The Time Traveller's Wife, Audrey Niffenegger explores bonding, loss and love with a paranormal twist in Her Fearful Symmetry. When Elspeth Noblin dies, she leaves her London home — on the edge of the notable Highgate Cemetery — to her American twin nieces Julie and Valentina. The girls take up residence and discover Elspeth's life and neighbours, including her lover Robert and the obsessive compulsive Martin. The girls' relationship is tested when they happen upon different paths in this unconventional tale.



The **Taken**

Author: Inger Ash Wolfe
Publisher: McClelland & Stewart
Price: $32.99 (Hardcover)

The Taken presents a story as mysterious as its author Inger Ash Wolfe, the pen name of an unknown but established Canadian writer. The novel returns to Port Dundas, Ont.'s acting police chief Hazel Micallef, who was introduced in Wolfe's 2008 book The Calling. During the 62-year-old's painkiller-induced recovery from a recent surgery, Micallef is called back to work after a body is found raveled in local fishermen's lines, a crime that oddly resembles a fictional series in the regional newspaper. Twisted and surprising, the novel takes Micallef through a series of enigmatic clues that begs the question: is she being set up?

The Brightest Star **In The Sky**

Author: Marian Keyes
Publisher: Michael Joseph
Price: $34.00 (Hardcover)

The latest novel by Irish author Marian Keyes follows the residents at 66 Star Street in Dublin. There's Maeve and Matt, newlyweds who mask unhappiness through their kind acts. Above, 80-something-year-old Jessica spends her days with her dog and reclusive son Fionn. Lydia, the tough, savvy cab driver lives atop them with her two Polish roommates. And self-conscious music publicist Katie inhabits the top flat, questioning whether her boyfriend will commit. This character-driven comic drama explores the varied experiences of the Star Street citizens, with frequent appearances by a strange visitor, set on probing their private lives. BRIAN COULTON/ FOR METRO CANADA

BookPicks

Mix of Six

Books
Olympic gold medalist Ross Rebagliati signs copies of his book Off The Chain: An Insider's History Of Snowboarding at 4 p.m. at Roots, 100 Bloor St. W.

Theatre
Parfumerie by Miklós László is being premiered this week at the Young Centre for the Performing Arts, 55 Mill St. soulpepper.ca

Family
Robin hood, The Environmental Family Musical by Chris Earle is being performed at the Elgin Theatre, 189 Yonge St. rosspety.com.

Music
Alex Cuba and Bebel Gilberto perform at the Sound Academy, 11 Polson St., at 9 p.m. $32.50. ticketmaster.ca

Concert
Art Garfunkel performs at the Rose Theatre, 1 Theatre Lane, in Brampton. $95 to $115. rosetheatre.ca

Hockey
The Maple Leafs take on the Buffalo Sabres at Air Canada Centre at 7 p.m. mapleleafs.nhl.com

In brief

IN JAIL The Swiss Justice Ministry says it will keep Roman Polanski in jail until at least today. Ministry spokesman Folco Galli said Friday that more time is needed for the conditions of Polanski's house arrest to be fulfilled.

TV ABC says Chris Brown will appear on its 20/20 newsmagazine Dec. 11. In what's billed as an in-depth interview, the singer will discuss his assault of ex-girlfriend and recording superstar Rihanna in February. He is on probation for the beating.

SCHOLARSHIP The Arabian Horse Foundation has established a scholarship in honour of the late actor Patrick Swayze and his wife. Swayze and wife Lisa Neimi owned Arabian horses and competed in shows for several years.

THE ASSOCIATED PRESS

Kenya's**Style**

Kenya Hunt
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THE TIME metro

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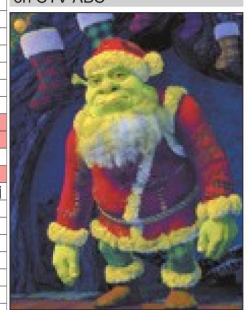
	211	331	3 GTV	ET Canada	Entertainment	House "Wilson" (N)		(9:01) Lie to Me (N)		Heroes "The Fifth Stage"		News Final
	215	343	4 OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Wheel-Fortune	Jeopardy! (N)	Little Mosque	Little Mosque	Just for Laughs		CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		How I Met	Accidentally	Trauma "Blue Balloon"		The Jay Leno Show (N)		News
	212	313	8 CTV	etalk	Hollywood	Corner Gas	Shrek the Halls	*Wedding Crashers* ★★★ (2005, Comedy) Owen Wilson.				News
	218	345	11 CHCH	*The Bachelor* ★ (1999, Comedy-Drama) Chris O'Donnell.				*The Very Thought of You* ★★ (1999, Romance-Comedy)				News at 11 (N)
	-	-	14 -	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Over the Bolts
	213	326	15 SUN	The Insider (N)	George Lopez	*Secret Santa* ★★ (2003, Drama) Jennie Garth.				The Insider	Hitchcock Pres	Becker
	-	387	16 CBS	Inside Edition	Hollywood	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Head Case"		News 4 at 11
	-	385	17 NBC	The Insider (N)	Entertainment	Heroes "The Fifth Stage"		Trauma "Blue Balloon"		The Jay Leno Show (N)		News
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Grinch-C'mas	Shrek the Halls	Find My Family (N)		Castle "Deep in Death"		News
	219	346	20 ACH-B	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)		Two/Half Men	Big Bang Th	Castle "Deep in Death"		A News
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	House "Wilson" (N)		(9:01) Lie to Me (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Time Goes By	Rock and Roll Hall of Fame Live			Dolly: Live in London O2 Arena			Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	One Tree Hill (HDTV) (N)		Gossip Girl (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	The Office	Name Is Earl	Frasier
	298	653	332 TLA	The Tyra Show		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	One Tree Hill
news	502	390	26 NW	Connect Today's biggest stories. (N)				CBC News: The National		Can't Stop Running		National
	500	500	33 CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	Kudlow Report		Coca-Cola: The Real Story		Big Mac: Inside McDonald's		Porn: Business of Pleasure		Mad Money
sports	405	417	22 net	NHL Hockey Buffalo Sabres at Toronto Maple Leafs. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
	400	400	30 TSN	That's Hockey!	Monday Night Countdown		NFL Football New England Patriots at New Orleans Saints. (HDTV) (Live)					
	411	457	58 OLN	Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	81 SC	Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Barrett-Jackson		Car Crazy
family	551	542	25 YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27 W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It "Shanahan"		House	Divine Design	Love It-List It
	570	580	29 MM	Secret Life of American Teen		Secret Life of American Teen		Secret Life of American Teen		My Date With...	My Date With...	disBAND
	615	520	31 A&E	Intervention "Asa"		Intervention "Marci"		Intervention "Linda" (N)		Hoarders "Augustine"		Hoarders
	700	800	35 TLN	Centrovetrine	Sky TG 24	I Liceali				George Lopez	George Lopez	Lopez Tonight
	571	581	36 MMM	The Daily Fix		Ranked!		Fabulous Life Of...		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38 CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	616	521	39 SHO	The Outer Limits		*His and Her Christmas* (2005, Comedy-Drama)				Bones		NCIS
	620	523	40 BVO	And They Danced		Dreams of Flight		Michael Bublé		Bravonews	Garrett Mason	Law & Order
	601	562	41 SLC	Rich Bride, Poor Bride		Last 10	Last 10	Instant Beauty Pageant		Plastic-Perfect	Plastic-Perfect	ET Canada
	522	506	43 HIS	Air Wars		Patton 360		Battles BC		Generation Kill "Bomb in the Garden"		
	625	548	44 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Chris Rock: Kill the Messenger		Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*The Pelican Brief* (1993, Suspense)		
	576	582	49 BET	106 & Park: BET's Top 10 Live		The Unit		The Unit		The Unit		Mo'Nique
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Grendel* (2007, Adventure) Chris Bruno, Ben Cross.				Sanctuary
	581	566	52 MTV	Over the Bolts	Peak Season	Real World-Road Rules		The Hills	Peak Season	Peak Season	After	MTV Live
	618	524	54 TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
	603	561	56 FOOD	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef All Stars Dinner		At the Table	At the Table	Restaurant
	261	394	60 V	Murder, She Wrote		My Husband	Summer Wine	A Song for Africa		Unscripted (N)	Archaeologist	Poltergeist
	621	527	63 STR	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	526	507	249 VIVA	Cold Case		Missing "Deep Cover"		The Closer		Cold Case		Mediums
	300	601	301 M1	(6) *Eagle Eye* (2008)		Sanctuary "Folding Man"		Dexter "Lost Boys"		Californication	U.S. of Tara	Lock 'n Load
	305	612	306 PIX	*Zoolander*	(7:25) *Palmer's Bones* ★ (1998)			*Fatal Attraction* ★★★ (1987, Suspense), Glenn Close				*Beefcake*
	520	-	- DISC	Daily Planet (N)		MythBusters		Dirty Jobs "Toilet Crusher" (N)		Canada's Worst Driver (N)		Daily Planet
	637	-	- TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart "Hartstruck"		Andy Griffith	Phil Silvers	Bizarre
	605	-	- FASH	First Class All the Way		FashionTele	RAW	Canada's Next Top Model		Hollywood's Knocked Up		1st Class Way

critics'corner

Shrek the Halls
Shrek isn't a Christmas kind of guy, but Fiona loves the holiday, so he goes along — with a little help from Donkey and the rest of the fairy-tale gang. If this special doesn't join Rudolph, Frosty and the Grinch in the pantheon of holiday classics, something's wrong with the world. 8:30 PM on CTV ABC



How I Met Your Mother
Ladies, this actually is the type of stuff that goes through guys' heads. We're not sure whom to blame. Ted tries to prove he's not pathetic for being left at the altar, and Barney tries to impress Robin, who thinks fighting is sexy, by picking a fight with a bunch of guys sitting in their favorite booth. 8 PM on CBS CITY

Heroes
Unexpected visitors greet H.R.G. Samuel's plan starts to come to fruition. Struggling to accept the truth, Peter takes extreme measures to get what he wants. Claire's journey leads her to an unexpected destination in the new episode "The Fifth Stage." 8 PM on NBC: 10 PM on GTV

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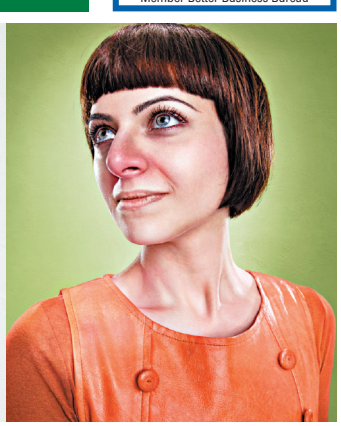


Mrs. Beckham does a denim relaunch
Victoria Beckham is giving her denim clothing collection a makeover and relaunching it under her own name. The style queen's dVb range of jeans suffered a setback last year when stores pulled the collection from their shelves, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Former flame peeved at Jon Gosselin's Thanksgiving plans

HE TOOK A POWDER Jon Gosselin's ex Hailey Glassman wasn't thrilled at how the reality dad, 32, spent Thanksgiving, usmagazine.com reports. Goselin was supposed to spend the day with Hailey and her family, but when they split, he made plans to celebrate the holiday with his grandmother.

It turns out he went to Utah to go snowboarding. "LOL-U are in Utah snowboarding w/'friends'-lol-urredic," Glassman, 22, Twittered. Meanwhile, Kate spent turkey day with the eight kids at the family's $1.1 million home in Wernersville, Pa. Bodyguard Steve Neild, his wife and their kids joined them. Three menonite women also popped by the family home to leave a gift for Kate. METRO NEWS SERVICES

JLo's ex files $100 million suit

HE WANTS THE MONEY THAT SHE'S GOT Ojani Noa, ex-husband to Jennifer Lopez, is preparing a blockbuster lawsuit against the star and her business and legal team for $100 million US, reports radaronline.

After Noa attempted to produce a film featuring home video footage of Lopez — featuring a pantsless Lopez on a motorcycle — she sued for $10 million and won a temporary restraining order to bar the film from public consumption, usmagazine.com reports.

Noa's nine-figure suit charges Lopez, her father, lawyers and business associates with interfering in the project — and for fraud.

Lopez's mother, Noa's attorney claims, sold some of that home-video footage to Spanish language station Univision for $30,000 without Noa's permission.

Lopez and Noa — who wed in Feb, 1997 and divorced Jan. 1998 — are scheduled to meet in court Dec. 1.

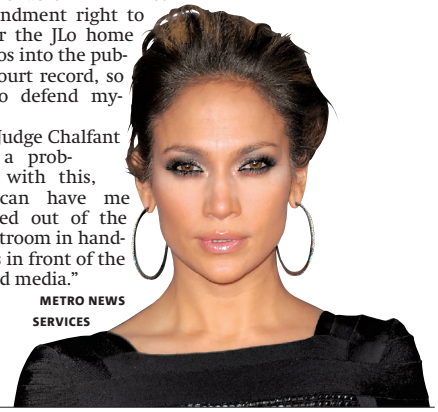
The disgruntled ex-husband plans to submit the home videos in question … no matter what.

Ojani Noa's attorney said the following Friday:

"I believe that I have an unalienable First Amendment right to enter the JLo home videos into the public court record, so as to defend myself.

If Judge Chalfant has a problem with this, he can have me hauled out of the courtroom in handcuffs in front of the world media."

METRO NEWS SERVICES



Holmes talks through Twilight

A REAL CHATTY KATHY Several New Yorkers learned a difficult lesson last week: Don't sit in front of Katie Holmes at the movies.

The actress and a pal went to see New Moon, the latest in the Twilight franchise, and reportedly ruined the experience for those around them.

"Katie talked through all of New Moon," a source tells Fox News. "It was unbelievable."

METRO NEWS SERVICES

Architect bashes Pitt

SCORN ON THE BAYOU Brad Pitt has made quite an impact on the city of New Orleans since he started building new homes for those devastated by Hurricane Katrina. While the homes are first class, there are mixed reviews about his work and what is being done to help the city, popeater.com reports.

In an interview with the NY Times, James Dart, a Manhattan-based architect who was born and raised in New Orleans, described the houses as "alien, sometimes even insulting" adding, "the biggest problem is that they are not grounded in the history of New Orleans architecture."

But Dart still expressed admiration for Pitt. "He deserves a great deal of credit,"

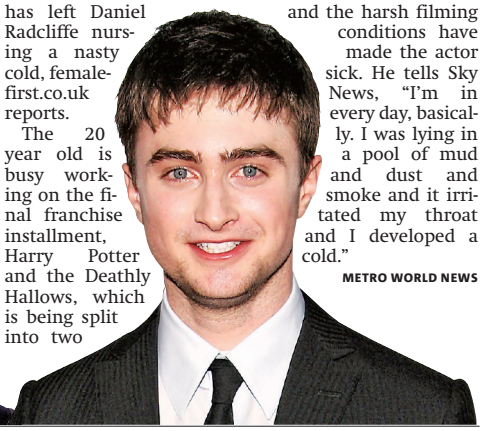
METRO WORLD NEWS

Intense filming leaves Potter star with severe sniffles

MILKING THIS FRANCHISE FOR ALL IT'S WORTH Filming for the new Harry Potter movie is so intense, it has left Daniel Radcliffe nursing a nasty cold, femalefirst.co.uk reports.

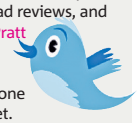
The 20 year old is busy working on the final franchise installment, Harry Potter and the Deathly Hallows, which is being split into two films. The story sees Radcliffe and co-stars Rupert Grint and Emma Watson's characters on the run — and the harsh filming conditions have made the actor sick. He tells Sky News, "I'm in every day, basically. I was lying in a pool of mud and dust and smoke and it irritated my throat and I developed a cold."

METRO WORLD NEWS



Celebrity tweets

Sandra Bernhard indulges in some late-night retail cravings, Fred Durst is prepared for bad reviews, and Stephanie Pratt gets all her holiday greetings done in one Tweet.



• @SandraBernhard heading to macys don't ask sometimes you just don't have any choice don't get me wrong i love macys at 2 am when they open the store just for me and my entourage

• @freddurst I wonder how many "cool" people will be pleasantly displeased by the new limpbizkit album.

• @stephaniepratt Oh my God I just want to wish you guy's happy holidays! Everyone have a wonderful Thanksgiving. Merry Christmas, Happy Hanukkah, Have a great Kwanzaa, and everything else and happy New Years.

METRO WORLD NEWS

DiCaprio back on with Refaeli: Source

IF AT FIRST YOU DON'T SUCCEED... Things appear to be heating up again for Leonardo DiCaprio and his fashion model ex-girlfriend, Bar Refaeli.

Sources tell Page Six the pair headed to Baker's Bay, an exclusive resort in the Bahamas, for a little quiet time. "They stayed in their own villa.

They were shacked up together all weekend," a source says. DiCaprio and Refaeli split up in June after dating for three years

METRO WORLD NEWS

GETTY IMAGES PHOTOS

Crowe digging archery

CROWING ABOUT A PASTIME Russell Crowe is "in love" with archery, femalefirst.co.uk reports. The actor learned how to use a bow and arrow ahead of taking on the title role in Robin Hood and believes his training made the movie better.

METRO WORLD NEWS

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Wednesday Variable 7° / -1°

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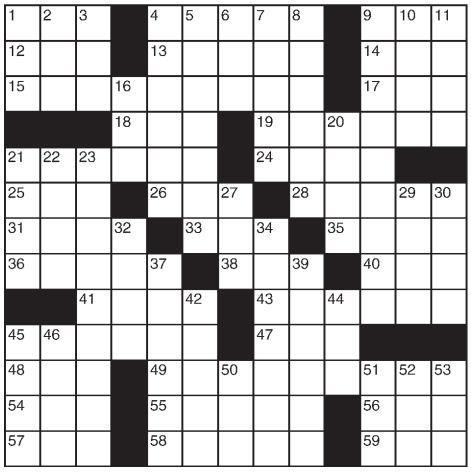


ACROSS

1 Energy
4 Manila hemp
9 Legume
12 "— Kapital"
13 Man of La Mancha
14 Jamaican export in a bottle
15 Plaster ingredient
17 Rage
18 — -CIO
19 Follower of Brigham Young
21 Hire
24 Lotion additive
25 By way of
26 Carpet
28 "Peter, Peter, pumpkin —"
31 Sea eagles
33 9-Across holder
35 It ain't worth a nickel
36 Of birth
38 Dict. information
40 Wrong (Pref.)
41 Curved molding
43 "Everybody Loves Raymond" brother
45 Maiden in distress?
47 Savings plan acronym
48 Midafternoon, on a sundial
49 Musical mobile, maybe
54 Branch
55 "— Grows in Brooklyn"
56 Book spine abbr.
57 Caustic solution
58 Decade parts
59 Sweet potato

DOWN

1 Fast (Abbr.)
2 — de cologne
3 Omega preceder
4 Request
5 Bankrupt
6 Blackbird
7 Punctuation mark
8 Coloured ring
9 8 to 11 p.m. on TV
10 Modern coin
11 "So be it"
16 Western st.
20 Street
21 Divisible by two
22 Actress Sorvino
23 It goes without saying
27 Deity
29 Eastern potentate
30 Whatever's left over
32 Droops
34 One given to mockery
37 Elbow room
39 Impels
42 The 400
44 "Phooey!"
45 Rotary phone part
46 Ethereal
50 Gun lobby org.
51 Wall-climbing plant
52 Extinct bird
53 "Slippery" tree

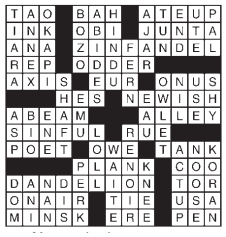
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			8	2	1			4
	1				6	7		
				5				
8		4					5	
	5	9				6	4	
	6					8		3
				3				
		7	4				9	
9			1	8	5			2

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	2	3	1	8	5	9	4
3	5	9	6	4	7	8	2	1
8	1	4	9	5	2	7	6	3
9	2	3	5	6	4	1	8	7
1	8	5	7	9	3	6	4	2
4	6	7	2	8	1	9	3	5
7	9	6	4	3	5	2	1	8
5	4	8	1	2	9	3	7	6
2	3	1	8	7	6	4	5	9

On the web

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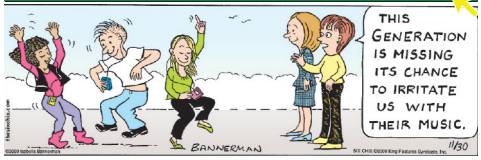

Metro Recipe of the Day

Creamy Chicken Korma

INGREDIENTS:

1 tbsp (15 ml) canola oil
1 onion, chopped
1 tsp (5 ml) finely chopped fresh ginger
2 tbsp (25 ml) korma curry paste or powder
1 lb (500 g) skinless chicken breast fillets, thickly sliced
2/3 cup (150 ml) hot chicken stock
14 oz (398 ml) can coconut milk
1/2 cup (125 ml) ground almonds

METHOD:

1. Preheat oven to 350 F(180 C). Heat oil in flameproof casserole and lightly cook onion and ginger 4-5 minutes or until softened. Stir in curry paste or powder and cook over low heat 1 minute.
2. Add chicken slices to casserole, stirring to coat in spicy onions. Add stock and coconut milk; bring to boil. Season. Cover with tight-fitting lid, then put in oven and leave to cook 45-60 minutes.
3. When ready to serve, remove casserole from the oven, and stir in ground almonds to thicken sauce.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Most likely this will be one of those days when you'd rather be anywhere else. You'll get away from it all soon, but for now, do what's expected of you.

TAURUS ♉
APRIL 21-MAY 21
Inspiration comes and goes but effort always gets results, so keep plugging away at your latest project. You're close to a breakthrough, so have faith.

GEMINI ♊
MAY 22-JUNE 21
It may seem like someone is being obstructive, but was there was something you said or did over the weekend that turned that person against you?

CANCER ♋
JUNE 22-JULY 22
Why are you so pessimistic about your prospects? Things may not being going as well as you hoped they would be but life is full of ups and downs.

LEO ♌
JULY 23-AUG 23
Recent changes may have been unsettling but keep telling yourself, over and over again, that in the long-term they will work in your favour.

VIRGO ♍
AUG 24-SEPT 22
Do something today that livens up your home or your work environment. Focus on what makes you feel good. Ignore the rest.

LIBRA ♎
SEPT 23-OCT 23
The planets indicate this is going to be an important week and by the end of it you will have made a number of major lifestyle and career changes.

SCORPIO ♏
OCT 24-NOV 22
You know you have made an error and you know you will have to make amends to those you have wronged, so why are you finding it so hard to do?

SAGITTARIUS ♐
NOV 23-DEC 21
Usually you can trust your instincts but you would be wise to get a second opinion before taking action. Could there be something you have missed?

CAPRICORN ♑
DEC 22-JAN 20
Now that Saturn, your ruler, is transiting the career area of your chart, your dealings with people in authority are of even more importance than usual.

AQUARIUS ♒
JAN 21-FEB 18
Is someone keeping something from you? It would appear that they are. But is it something you need to know? Probably not.

PISCES ♓
FEB 19-MARCH 20
Don't let other people get rich at your expense. You cannot afford to take it for granted that they will treat you fairly. It's up to you to protect yourself.

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